



# March, 2022 at McDermid

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <u>Free Breakfast</u> Bagels <u>\$2 Lunch</u> Ham Sandwich	<b>2</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Chicken Noodle Soup	<b>3</b> <u>Free Breakfast</u> Banana Muffin & Fruit <u>\$2 Lunch</u> Turkey Sandwich	<b>4</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Ham Sandwich
<b>7</b> <u>PD DAY</u> <u>NO SCHOOL FOR</u> <u>STUDENTS</u>	<b>8</b> <u>Free Breakfast</u> Pancakes <u>\$2 Lunch</u> Turkey Sandwich	<b>9</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Ham Sandwich	<b>10</b> <u>Free Breakfast</u> Eggs McMuffins <u>\$2 Lunch</u> Hot Dogs	<b>11</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Turkey Sandwich
<b>14</b> <u>CONFERENCE DAY</u> <u>NO CLASSES FOR</u> <u>STUDENTS</u>	<b>15</b> <u>Free Breakfast</u> French Toast <u>\$2 Lunch</u> Ham Sandwich	<b>16</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Pizza	<b>17</b> <u>Free Breakfast</u> Fruit Parfait <u>\$2 Lunch</u> Turkey Sandwich	<b>18</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Ham Sandwich
<b>21</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Turkey Sandwich	<b>22</b> <u>Free Breakfast</u> Banana Muffin & Fruit <u>\$2 Lunch</u> Ham Sandwich	<b>23</b> <u>Free Breakfast</u> Cereal <i>\$2 Lunch Special -            Chicken Wraps</i>	<b>24</b> <u>Free Breakfast</u> Scrambled Eggs & Toast <u>\$2 Lunch</u> Turkey Sandwich	<b>25</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Ham Sandwich
<b>28</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Turkey Sandwich	<b>29</b> <u>Free Breakfast</u> Smoothies & Toast <u>\$2 Lunch</u> Ham Sandwich	<b>30</b> <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Turkey Sandwich	<b>31</b> <u>Free Breakfast</u> Pancakes <u>\$2 Lunch</u> Hamburgers	

# McDermid School Nutrition Program Information

## FREE BREAKFASTS

A free breakfast is provided from 8:20-8:50. Students are welcome to enter the front doors and go straight to the nutrition room. This is a drop-in program that all students are welcome to access.

**BAG LUNCHESES** are available for \$2 every day. These include one main item as well as a juice, fruit, and snack (treat). Students can bring money each day, or pre-pay for a number of lunches at a time.

Students are asked daily if they require a lunch. It is important we know at the start of the day so we can ensure there are enough lunches for all students. If a student has forgotten money, they can still ask for a lunch and pay at a later date.

Lunch money can be paid daily, pre-paid at the office, or pre-paid through School Cash Online. If you do not yet have an account, please go to the school website to find instructions.

Lunches are available for all students, but they must have permission to stay at school. Our part- and full-time lunch students require a form to be filled out and signed.

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## LUNCH SPECIAL – Chicken Wrap

\*If a student is not a full or part time lunch student, they are welcome to stay for our lunch special of chicken wraps on March 23<sup>rd</sup> but will need to fill out a permission form by March 22<sup>nd</sup>

(no exceptions).

