



May, 2022 at McDermid



Nutrition Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>PD DAY</u> <u>NO SCHOOL</u>	3 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Sandwich Lunch	4 <u>Free Breakfast</u> Smoothies/Toast <u>\$2 Lunch</u> Sandwich Lunch	5 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Spaghetti with sauce	6 <u>Free Breakfast</u> Muffins/Fruit <u>\$2 Lunch</u> Sandwich Lunch
9 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Sandwich Lunch	10 <u>Free Breakfast</u> Eggs & Toast <u>\$2 Lunch</u> Sandwich Lunch	11 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Chicken Wraps	12 <u>Free Breakfast</u> French Toast <u>\$2 Lunch</u> Sandwich Lunch	13 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Sandwich Lunch
16 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Sandwich Lunch	17 <u>Free Breakfast</u> Bagels <u>\$2 Lunch</u> Hamburgers	18 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Sandwich Lunch	19 <u>Free Breakfast</u> Pancakes Whole School <u>FREE</u> Hot Dog Lunch!	20 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Sandwich Lunch
23 <u>VICTORIA DAY</u> <u>NO SCHOOL</u>	24 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Sandwich Lunch	25 <u>Free Breakfast</u> Egg McMuffin <u>\$2 Lunch</u> Sandwich Lunch	26 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Chicken Noodle Soup	27 <u>Free Breakfast</u> Smoothies & Toast <u>\$2 Lunch</u> Sandwich Lunch
30 <u>Free Breakfast</u> Cereal <u>\$2 Lunch</u> Sandwich Lunch	31 <u>Free Breakfast</u> Muffins & Fruit <u>\$2 Lunch</u> Sandwich Lunch			

*Regular Sandwich Lunches consist of a choice between 2-3 types of sandwiches (usually roast beef, ham, or turkey), as well of a choice of fruit, a choice of dessert and a choice of juice.

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 are invited to come down to the nutrition room and select the fruit, juice, etc. they wish to have. On a sandwich lunch, there are 2 or 3 different types of sandwiches for students to choose from.

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.

Whole School FREE Hot Dog Lunch!

We invite all of our students to stay at the school on Thursday, May 19th for a Hot Dog Day!

Kindergarten and PreK students will be served during their class time.

