



# November, 2021 at McDermid

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Turkey sandwich  <i>School Pajama Day</i>	<b>2</b> <u>Free Breakfast</u> Muffins & Bananas  <u>\$2 Lunch</u> Chicken Noodle Soup	<b>3</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Ham Sandwich	<b>4</b> <u>Free Breakfast</u> Smoothies & Toast  <u>\$2 Lunch</u> Pizza (pepperoni)	<b>5</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Turkey Sandwich  <i>Picture Retake Day</i>
<b>8</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Ham Sandwich	<b>9</b> <u>Free Breakfast</u> Egg McMuffins  <u>\$2 Lunch</u> Macaroni tomato soup	<b>10</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Turkey sandwich	<b>11</b>  Remembrance Day No School	<b>12</b>  Professional Development Day No School
<b>15</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Ham Sandwich	<b>16</b> <u>Free Breakfast</u> Bagels with Cream Cheese  <u>\$2 Lunch Special</u> <i>Hot Dogs</i>	<b>17</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Turkey sandwich  <i>SCC Meeting 7 p.m.</i>	<b>18</b> <u>Free Breakfast</u> Pancakes  <u>\$2 Lunch</u> Chicken wraps	<b>19</b>  2-Way Conferences No School
<b>22</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Ham Sandwich	<b>23</b> <u>Free Breakfast</u> Scrambled Eggs & Toast  <u>\$2 Lunch</u> Spaghetti with sauce	<b>24</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Turkey sandwich	<b>25</b> <u>Free Breakfast</u> Fruit Parfait  <u>\$2 Lunch Special</u> <i>Hamburgers</i>	<b>26</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Ham Sandwich  <i>Hat &amp; Toque Day</i>
<b>29</b> <u>Free Breakfast</u> Cereal  <u>\$2 Lunch</u> Turkey sandwiches	<b>30</b> <u>Free Breakfast</u> French Toast  <u>\$2 Lunch</u> Grilled Ham & Cheese			

# 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 Lunches** 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.

If a student is not a full or part time lunch student, they are welcome to stay for our lunch specials on November 16<sup>th</sup> and 25<sup>th</sup> but will need to fill out a permission form.