



St. Jerome Catholic Elementary School - Lunch Moms' Menu Options for Sept. 24th - 2018 to Nov. 26th, 2018
 Small Lunch Combo - \$6.75, Small Entrée Only - \$5.50 • Large Lunch Combo - \$7.75, Large Entrée Only - \$6.00
 Phone: 905-461-KIDS • Fax: 905-565-1576 • Email: info@lunchmomsinc.com • Interested in Anytime Options? See Below!

Date	Entrée Choices It's your choice! Choose just the entrée or make it a combo!		Combs include an entrée, daily snack & beverage		Extra Snacks @ \$1.25 Each Sold alone or as an extra to your lunch combo. Circle your choice(s). (Note: Our yummy muffins and brownies are nut, egg and dairy free!)	Total
	Hot Options	Cold Options	Pick your size	Daily Snack		
Mon., Sept. 24	Grilled Cheese Sandwich ¹⁵ ¹⁵ Available as a small only OR Chicken Strips with Rice	Cold Cut Combo Sub w/deli ham, salami, lite cheddar, lettuce, tomato & lite mayo on whole grain OR white OR Wholegrain Bagel & Caesar Salad	Large OR Small	Cheese String	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Mon., Oct. 01	Small Penne Pasta with tomato sauce & Small Caesar Salad ¹⁵ ¹⁵ Available as a large only OR Chicken Strips with Rice	Ham Cheddar Sub w/deli ham, lite cheddar, lettuce, tomato & lite mayo on whole grain OR white	Large OR Small	Baked Good	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Monday, October 8th - Thanksgiving						
Mon., Oct. 15	Mom's Own Pizza Pocket with Pepperoni & Cheese ¹⁵ ¹⁵ Available as a large only OR Big Breakfast! Wholegrain Pancakes with a side of bacon	Cold Cut Combo Sub w/deli ham, salami, lite cheddar, lettuce, tomato & lite mayo on whole grain OR white	Large OR Small	Baked Good	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Mon., Oct. 22	Warm Croissant with Ham & Cheddar ¹⁵ ¹⁵ Available as a large only OR Cheesy Quesadillas	Crunchy Chicken Wrap with breaded chicken strips, lettuce, tomato & lite ranch dressing on whole grain OR white	Large OR Small	Baked Good	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Mon., Oct. 29	Whole Wheat Breakfast Wrap with scrambled eggs & cheese OR Chicken & Vegetable Rice	Turkey Club Wrap w/deli turkey, bacon, lettuce, tomato & lite mayo on whole grain OR white	Large OR Small	Veggies & Dip	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Mon., Nov. 05	Cheeseburger on a whole wheat bun ¹⁵ ¹⁵ Available as a large only OR Curly Pasta & Meatballs OR Curly Pasta & Tomato Sauce	Grilled Chicken Caesar Wrap w/diced chicken breast, bacon, lettuce, tomato & lite caesar dressing on whole grain OR white	Large OR Small	Yogurt Tube	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Mon., Nov. 12	Cheesy Quesadillas OR Personal Pan Pepperoni OR Cheese Pizza ¹⁵ ¹⁵ Available as a large only	BLT Wrap w/bacon, lettuce, tomato & lite mayo on a whole grain wrap OR white wrap OR Wholegrain Bagel & Caesar Salad	Large OR Small	Apple Slices	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Mon., Nov. 19	Penne Pasta with Tomato Sauce OR Penne Pasta with Butter & Parmesan OR Chicken Burger ¹⁵ ¹⁵ Available as a large only	Ham Cheddar Sub w/deli ham, lite cheddar, lettuce, tomato & lite mayo on whole grain OR white	Large OR Small	Cereal Bar	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Mon., Nov. 26	Mom's Own Chicken Noodle Soup & Multigrain Bagel with Butter ¹⁵ ¹⁵ Available as a large only OR Cheesy Meatball Sub	Turkey Club Wrap w/deli turkey, bacon, lettuce, tomato & lite mayo on whole grain OR white OR Wholegrain Bagel w/Butter & side Garden Salad w ranch or Italian dressing	Large OR Small	Cheese String	White Milk Chocolate Milk Apple Juice Orange Juice Bottled Water	White Milk OR Choc Milk Apple Juice OR Orange Juice Banana Choc Chip Muffin Apple Cinnamon Muffin Fudge Brownie
Please return this portion of the order form with payment to your child's teacher by Friday, September 21st or order online @ www.lunchmomsinc.com Total Order for this menu						
Payment Options: Cash or Cheque. Please make cheques payable to Lunch Moms Inc.						
Less any authorized credits, adjustments or coupons						
Net Amount Owng						

Ordering online? Be sure to update your child's profile with their new teacher's name!!

Ordering: There are two ways to order! You may submit your paper order via your child's teacher or you can login to www.lunchmomsinc.com and order online. It's your choice!

Anytime Options: We have several popular meal options that you may order at any time. They are: Penne Pasta, Pancakes & Bacon, Cheese Quesadilla, Grilled Cheese (small only), Chicken Burger (large only), Cheese Pizza (large only). Simply write in the item you are requesting on that date. Got a fussy eater? Call us!

Your Child's Name: _____

Teacher: _____

Grade: _____

Home Contact #: _____

Please list any allergies: _____

Parent's Signature: _____

(Signing this ensures that you have read our menu in its entirety and understand the terms specified within.)