

Cascade Heights Hot Lunch Program **2023-2024 Term 3 Order Information**

Dear Parents/Guardians,

Cascade Heights PAC is pleased to continue our hot lunch offering for Term 2. Our hot lunch program is run by parent volunteers and all funds raised go right back towards student activities and school enhancements.

ORDER DEADLINE:

Term 3 (Apr to Jun 2024) lunch orders need to be completed on-line by **Friday March 22nd, 2024**. Exceptions cannot be accommodated. If you are paying by **cash** or **cheque**, please drop off payment to the school office by **Thursday March 14th, 2024**.

ORDER PROCESS:

Cascade Heights will continue to use MunchaLunch for our hot lunch orders. Please follow this link to sign in or sign up <https://munchalunch.com/schools/CascadeHeights>. Registering your account is a simple 10-minute process. New users click "Register here" and follow the prompts. If you already have an account from previous fundraisers or hot lunch orders, click "Login here" and follow the prompts.

PAYMENT

The preferred payment is any major credit card. If that is not possible you are welcome to pay by cheque. To pay by cheque, complete your order online and choose "other payment options", then select "cheque payment". Deliver the cheque (payee name "**Cascade Heights School Parent Advisory Committee**") to school Secretary Courtney Eastman in the office by the order deadline, **Thursday March 14th, 2024**. Orders **MUST BE PAID** by the deadline to confirm your order. Unpaid orders will be CANCELLED.

VENDORS AND FOOD SELECTION:

- Our suppliers this term will be FUEL Catering, Domino's Pizza, Subway, and Agra Tandoori. Please view the attached page for schedule, choices, and pricing. For a full description of each food item please refer to MunchaLunch.

PLEASE NOTE:

- You will be able to cancel a food order up to 10 days prior to delivery. Just sign into your account and delete that order. If you cancel within the allotted time, a full refund will be applied to your MunchaLunch account.
- Late orders and special meal requests cannot be accommodated.
- If your child is away and you miss the window to change, parents can pick up the lunch or allow the school to redistribute it to other children. Your contribution is appreciated.
- If you have any questions or concerns, please email cascadeheightshotlunch@gmail.com

Don't forget the Term 3 order deadline will be Friday March 22nd, 2024.

All the best,

Cascade Heights PAC Hot Lunch Committee

HOT LUNCH SCHEDULE	THEME	Notes
Friday April 5	Pasta Day	
Friday April 12	Burger Day	
Friday April 19	Sushi Day	Class Photo Day
Friday April 26	Agra Tandoori	
Friday May 3	Comfort Food Day	
Friday May 10	Subway Day	
Friday May 17	Pizza Day	Sports Day
Friday May 24	Pasta Day	Grade 7 Camp
Friday May 31	Burger Day	
Friday June 7	Sushi Day	
Friday June 14	Agra Tandoori	Year End Family Picnic
Friday June 21	Subway Day	Grade 7 Farewell
Wed June 26	Pizza Day	Last full day of school

Theme: BURGER DAY	Price
Beef Burger	\$6.50
Cheese Burger	\$6.50
Vegetarian Burger	\$6.50
Gluten Friendly Cheese Burger	\$7.30
Grilled Cheese Sandwich	\$6.50
Chicken Nuggets (6pc)	\$6.50
Fresh Fruit Cup	\$3.35
Veggies & Dip	\$2.45
Chocolate Chip Cookie	\$1.85
Apple Juice	\$1.50

Theme: PASTA DAY	Price
Spaghetti and Meatballs	\$6.50
Mac and Cheese	\$6.50
Spaghetti and Sauce	\$6.50
Chicken Alfredo	\$6.50
Gluten Friendly Rotini	\$6.85
Chicken Nuggets (6pc)	\$6.50
Fresh Fruit Cup	\$3.35
Veggies & Dip	\$2.45
Chocolate Chip Cookie	\$1.85
Apple Juice Box	\$1.50

Theme: COMFORT FOOD DAY	Price
Chicken Nuggets (6pc)	\$6.50
Grilled Cheese Sandwich	\$6.50
Potato and Cheddar Perogies (7pc)	\$6.50
Chicken Quesadilla	\$6.50
Cheese Quesadilla	\$6.50
Gluten Friendly Cheese Quesadilla	\$6.85
Fresh Fruit Cup	\$3.35
Veggies & Dip	\$2.45
Banana Chocolate Chip Muffin	\$2.40
Apple Juice Box	\$1.50

Theme: SUSHI & WRAP DAY	Price
California Roll (8pc)	\$6.50
Small Cucumber Roll (6pc)	\$5.50
Avocado Roll (8pc)	\$6.50
Crispy Chicken Wrap	\$6.50
Chicken Caesar Wrap	\$6.50
Gluten Friendly Cheese Quesadilla	\$6.85
Fresh Fruit Cup	\$3.35
Veggies & Dip	\$2.45
Banana Chocolate Chip Muffin	\$2.40
Apple Juice Box	\$1.50

Theme: PIZZA DAY	Price
Cheese Pizza	\$4.00
Pepperoni Pizza	\$4.00
Hawaiian Pizza	\$4.00
Gluten Free Cheese Pizza	\$4.00
Gluten Free Pepperoni Pizza	\$4.00
Gluten Free Hawaiian Pizza	\$4.00

Theme: SUBWAY DAY	Price
6" Veggie Sub (white/whole wheat)	\$4.00
6" Turkey Sub (white/whole wheat)	\$4.00
6" Ham Sub (white/whole wheat)	\$4.00
6" Pepperoni Sub (white/whole wheat)	\$4.00
<i>Customize: cheese, lettuce, tomato, cucumber, mayo, mustard</i>	

Theme: AGRA TANDOORI	Price
4 Piece Chicken Strips with Ketchup	\$8.50
Butter Chicken with Rice	\$7.50
Channa Masala with Rice	\$7.00
Butter Naan	\$2.50
Two Vegetable Samosas with Chutney	\$4.00
Oat Fudge Bar	\$3.50