

Cascade Heights Hot Lunch Program **2024-2025 Term 1 Order Information**

Dear Parents/Guardians,

Cascade Heights PAC is pleased to announce the return of hot lunch starting Friday October 4th. Our hot lunch program is run by parent volunteers and all funds raised go right back towards student activities and school enhancements.

ORDER DEADLINE:

2024-2025 Term 1 (October to December) lunch orders need to be completed on-line by **Friday September 27th, 2024**. Exceptions cannot be accommodated. Should you miss this deadline, the next opportunity to order hot lunches will be in December, for Term 2.

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 you prefer 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, **9:00am Friday September 27th** and send a note to cascadeheightshotlunch@gmail.com. If the payment is not received by the deadline, the order will not be processed.

VENDORS AND FOOD SELECTION:

We have added two exciting new vendors! Takara Sushi and Stuffies Pastries will be joining the list this term, in addition to our regular suppliers from the previous year: Fuel Catering, Domino's Pizza, and Subway. Please view the attached page for schedule, choices, and pricing. For a full description of each meal please refer to the MunchaLunch weekly items on offer.

PLEASE NOTE:

- You will be able to cancel a food order up to 10 days prior to delivery should your plans change. 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. **Please remember you must cancel orders 10 days prior to the hot lunch date.**
- 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 1 order deadline will be Friday September 27th.

All the best,
Cascade Heights PAC Hot Lunch Committee

HOT LUNCH SCHEDULE	VENDOR	THEME
Friday October 04	Subway	Sandwiches
Friday October 11	Fuel Catering	Pasta
Friday October 18	Fuel Catering	Burgers
Thursday October 24 (ProD on Fri)	Takara Sushi	Sushi
Thursday October 31 (Extra Halloween Lunch)	Domino's Pizza	Pizza
Friday November 01	Fuel Catering	Comfort Foods
Friday November 08	Stuffies Pastries	Cro-Tai's
Friday November 15	Fuel Catering	Wraps
Thursday November 21 (ProD on Fri)	Takara Sushi	Sushi
Friday November 29	Fuel Catering	Burgers
Friday December 06	Fuel Catering	Pasta
Friday December 13	Subway	Sandwiches
Friday December 20 (last day of school)	Domino's Pizza	Pizza

Theme: BURGER DAY	Price
Beef Burger	\$6.75
Cheese Burger	\$6.75
Vegetarian Burger	\$6.75
Gluten Friendly Beef Burger	\$7.75
Grilled Cheese Sandwich	\$6.75
Meatball Sub	\$6.75
Chicken Nuggets (6pc)	\$6.75
Fresh Fruit Cup	\$3.50
Chocolate Chip Cookie	\$1.95
Apple Juice	\$1.60

Theme: PASTA DAY	Price
Spaghetti and Meatballs	\$6.75
Mac and Cheese	\$6.75
Spaghetti and Sauce	\$6.75
Chicken Alfredo	\$6.75
Parmesan Noodles	\$6.75
Gluten Friendly Rotini	\$7.50
Chicken Nuggets (6pc)	\$6.75
Fresh Fruit Cup	\$3.50
Banana Chocolate Chip Muffin	\$2.50
Apple Juice Box	\$1.60

Theme: COMFORT FOOD DAY	Price
Chicken Nuggets (6pc)	\$6.75
Grilled Cheese Sandwich	\$6.75
Potato and Cheddar Perogies (7pc)	\$6.75
Meatball Sub	\$6.75
Chicken Quesadilla	\$6.75
Gluten Friendly Cheese Quesadilla	\$7.50
California Roll (8pc)	\$6.75
Fresh Fruit Cup	\$3.50
Blueberry Muffin	\$2.50
Apple Juice	\$1.60

Theme: WRAPS DAY	Price
Crispy Chicken Wrap	\$6.75
Chicken Caesar Wrap	\$6.75
Taco Chicken Wrap	\$6.75
Turkey Cheddar Wrap	\$6.75
Veggie Wrap	\$6.75
Gluten Friendly Cheese Quesadilla	\$7.50
Chicken Nuggets (6pc)	\$6.75
Fresh Fruit Cup	\$3.50
Chocolate Chip Cookie	\$1.95
Apple Juice Box	\$1.60

Theme: PIZZA DAY	Price
Cheese Pizza	\$4.00
Pepperoni Pizza	\$4.00
Hawaiian Pizza	\$4.00
Gluten Free Cheese Pizza	\$4.50
Gluten Free Pepperoni Pizza	\$4.50
Gluten Free Hawaiian Pizza	\$4.50
2PC Brownies	\$2.50

Theme: SUBWAY DAY	Price
6" Veggie Sub (white/whole wheat)	\$6.00
6" Turkey Sub (white/whole wheat)	\$6.00
6" Ham Sub (white/whole wheat)	\$6.00
6" Pepperoni Sub (white/whole wheat)	\$6.00
<i>Customize: cheese, lettuce, tomato, cucumber, mayo, mustard</i>	
Chocolate chunk cookie	\$1.00

Theme: SUSHI DAY	Price
Kappa Maki (8pcs)	\$4.25
Tamago Roll (8pcs)	\$4.50
Avocado Roll (8pcs)	\$5.00
California Roll (8pcs)	\$5.00
Yam Tempura Roll (8pcs)	\$5.00
Vegetable Roll (5pcs)	\$5.00
Dynamite Roll (5pcs)	\$5.50
Chicken Teriyaki Roll (5pcs)	\$6.00
Beef Teriyaki Roll (5pcs)	\$6.00

Theme: CRO-TAI DAY	Price
Vanilla Cro-Tai Combo	\$9.80
Blueberry Cro-Tai Combo	\$9.80
Ham and Cheese Cro-Tai Combo	\$9.80
Pizza Cro-Tai Combo	\$9.80