

Cascade Heights Hot Lunch Program

2025 Term 3 Order Information

Dear Parents/Guardians,

Cascade Heights PAC is pleased to announce the continuation of hot lunch into Term 3. Our hot lunch program is run by parent volunteers and all funds raised go right back towards student activities and school enhancements.

ORDER DEADLINE:

2025 Term 3 (April to June) lunch orders need to be completed online by **Sunday March 16th, 2025**. All payments must be received by this date or your order(s) will be cancelled.

ORDER PROCESS:

Cascade Heights uses MunchaLunch to facilitate hot lunch ordering. 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 cash or cheque, complete your order online and choose "other payment options". **For cash or cheque payments**, deliver the payment (cheque payee name "Cascade Heights School Parent Advisory Committee") to school Secretary Ms. Eastman in the office by **9:00am Friday March 14th** and send a note to cascadeheightshotlunch@gmail.com. If payment is not received by the deadline, the order will not be processed.

VENDORS AND FOOD SELECTION:

We have some exciting new vendors on the list! This term, we've partnered up with A&W, Freshslice, and Quesada. As well, we will be repeating the following vendors from the previous terms: Fuel Catering, Subway, Takara Sushi, and Stuffies Pastries. 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 (15 days prior for A&W). 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. No refunds will be given past the cutoffs.
- 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 Sunday March 16th.

All the best,

Cascade Heights PAC Hot Lunch Committee

| HOT LUNCH SCHEDULE | VENDOR | THEME |
|--------------------|-------------|-------------------|
| Fri Apr 4 | Fuel | Burgers |
| Fri Apr 11 | Fuel | Pasta |
| Thu Apr 17 | Takara | Sushi |
| Fri Apr 25 | Subway | Subway |
| Fri May 2 | Fuel | Comfort Food |
| Fri May 9 | Fuel | Burgers |
| Fri May 16 | Fresh Slice | Pizza |
| Fri May 23 | Fuel | Pasta |
| Fri May 30 | A&W | A&W Kids Packs |
| Fri Jun 6 | Fuel | Comfort Food |
| Fri Jun 13 | Quesada | Tacos & Burritos |
| Fri Jun 20 | Stuffies | Stuffies Pastries |
| Wed Jun 25 | Takara | Sushi |

| Milk Mondays Subscription | Price |
|-------------------------------|--------|
| White Milk (7 deliveries) | \$8.50 |
| Chocolate Milk (7 deliveries) | \$8.50 |

| 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 |
| Chocolate Chip Cookie | \$1.95 |
| Apple Juice | \$1.60 |

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

| 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: 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: 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 |
| Blueberry Muffin | \$2.50 |
| Apple Juice | \$1.60 |

| Theme: PIZZA DAY | Price |
|-----------------------------------|--------|
| Cheese Pizza (1 XL slice) | \$4.00 |
| Pepperoni Pizza (1 XL slice) | \$4.00 |
| Hawaiian Pizza (1 XL slice) | \$4.00 |
| Veggie Pizza (1 XL slice) | \$4.00 |
| GF Cheese Pizza (2 M slices) | \$4.50 |
| GF Pepperoni Pizza (2 Med slices) | \$4.50 |
| GF Hawaiian Pizza (2 Med slices) | \$4.50 |
| GF Veggie Pizza (2 Med slices) | \$4.50 |

| Theme: A&W KIDS PACKS (SPORTS DAY) | Price |
|------------------------------------|--------|
| Kids Buddy Burger Meal | \$6.90 |
| Kids Buddy Burger With Cheese Meal | \$7.75 |
| Kids Chicken Buddy Burger Meal | \$8.00 |
| Kids 2 Pc Chicken Strips Meal | \$8.00 |

All combos come with apple slices, mini MadeGood granola bar, and choice of milk or chocolate milk.

Substitutions available for vegetarian and GF options.

| Theme: TACOS & BURRITOS DAY | Price |
|--|--------|
| Mini Quesadilla | \$2.75 |
| Mini Burrito | \$2.75 |
| Mini Cheese Rollup | \$2.50 |
| Taco | \$3.75 |
| Burrito Bowl | \$7.50 |
| 8" Burrito | \$7.50 |
| <i>Customize: chicken, beef, or veggie</i> | |
| Apple Juice | \$1.70 |
| Churro | \$1.75 |

| Theme: STUFFIES PASTRIES 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 |
| <i>All combos come with 1 custard filled bear pastry.</i> | |