

Cascade Heights Hot Lunch Program

2025 Term 1 Order Information

Dear Parents/Guardians,

Cascade Heights PAC is pleased to announce the return of hot lunch starting Friday October 3rd. Our hot lunch program is run by parent volunteers and all funds raised go right back toward student activities and school enhancements. Hot lunch is offered on most Fridays (with the exception of school closures) and are delivered straight to each classroom.

In addition to hot lunch, we offer the Milk Mondays program. Choose between 2% white milk or 1% chocolate milk for delivery on Mondays. Milk will be delivered to your child's classroom during lunch with safety protocol compliance and must be consumed when distributed. Milk Mondays is a set price for the entire session (all 10 deliveries in Term 1) and cannot be pro-rated. Unclaimed milk orders cannot be saved if the student is absent and will otherwise be donated. As all orders will be processed and submitted to the supplier at the beginning of term, we will not be able to process refunds for the milk program. Ordering for the Oct-Dec session must be PAID for before the Sunday Sep 28 deadline.

ORDER DEADLINE:

2025 Term 1 (October to December) lunch orders need to be completed online by **Sunday September 28th, 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 September 26th** and send a note to cascadeheightshotlunch@gmail.com. If payment is not received by the deadline, the order will not be processed.

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. No refunds will be given past the cutoffs. 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.
- Late orders and special meal requests cannot be accommodated.
- If you have any questions or concerns, please email cascadeheightshotlunch@gmail.com.

Don't forget the Term 1 payment deadline is Sunday September 28th!

HOT LUNCH SCHEDULE:

Hot Lunch Date	Vendor	Theme
Fri-Oct-03	Subway	Sandwiches
Fri-Oct-10	Fuel	Burgers
Fri-Oct-17	Fuel	Wraps
Thu-Oct-23	Sushi	Sushi
Fri-Oct-31	Domino's	Pizza
Fri-Nov-07	Fuel	Pasta
Fri-Nov-14	Fuel	Comfort Food
Thu-Nov-20	Sushi	Sushi
Fri-Nov-28	Subway	Sandwiches
Fri-Dec-05	Fuel	Burgers
Fri-Dec-12	Fuel	Pasta
Fri-Dec-19	Fuel	Comfort Food

MILK MONDAYS SCHEDULE:

Milk Mondays	Notes
Mon-Oct-06	
Mon-Oct-13	No delivery due to school closure.
Mon-Oct-20	
Mon-Oct-27	
Mon-Nov-03	
Mon-Nov-10	
Mon-Nov-17	
Mon-Nov-24	
Mon-Dec-01	
Mon-Dec-08	
Mon-Dec-15	

Milk Mondays Subscription	Price
White Milk (10 deliveries)	\$11.25
Chocolate Milk (10 deliveries)	\$11.75

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: BURGER DAY	Price
Beef Burger	\$6.85
Cheese Burger	\$6.85
Veggie Burger	\$6.85
Gluten Friendly Beef Burger	\$7.85
Grilled Cheese Sandwich	\$6.85
Meatball Sub	\$6.85
Mac and Cheese	\$6.85
Chicken Nuggets (6pc)	\$6.85
Chocolate Chip Cookie	\$1.95
Apple Juice	\$1.60

Theme: WRAPS DAY	Price
Breaded Chicken Wrap	\$6.85
Chicken Caesar Wrap	\$6.85
Taco Chicken Wrap	\$6.85
Veggie Wrap	\$6.85
Cheese Quesadilla	\$6.85
Gluten Friendly Cheese Quesadilla	\$7.60
Chicken Nuggets (6pc)	\$6.85
Mac and Cheese	\$6.85
Banana Chocolate Chip Muffin	\$2.60
Apple Juice	\$1.60

Theme: PIZZA DAY	Price
Cheese Pizza	\$4.50
Pepperoni Pizza	\$4.50
Gluten Free Cheese Pizza	\$5.25

Theme: SUSHI DAY	Price
Kappa Maki (8pcs)	\$4.25
Tamago Roll (8pcs)	\$4.50
Avocado Roll (8pcs)	\$5.25
California Roll (8pcs)	\$5.25
Vegetable Roll (5pcs)	\$5.25
Yam Tempura Roll (8pcs)	\$5.25
Dynamite Roll (5pcs)	\$5.75
Beef Teriyaki Roll (5pcs)	\$6.25
Chicken Teriyaki Roll (5pcs)	\$6.25
Veggie Yakisoba	\$9.00
Beef Yakisoba	\$9.75

Theme: PASTA DAY	Price
Chicken Alfredo	\$6.85
Mac and Cheese	\$6.85
Parmesan Noodles	\$6.85
Spaghetti and Meatballs	\$6.85
Spaghetti and Sauce	\$6.85
Gluten Friendly Rotini	\$7.60
Chicken Nuggets (6pc)	\$6.85
Grilled Cheese Sandwich	\$6.85
Banana Chocolate Chip Muffin	\$2.60
Apple Juice	\$1.60

Theme: COMFORT FOOD DAY	Price
Mac and Cheese	\$6.85
Chicken Nuggets (6pc)	\$6.85
Grilled Cheese Sandwich	\$6.85
Meatball Sub	\$6.85
Chicken Quesadilla	\$6.85
Gluten Friendly Cheese Quesadilla	\$7.60
Potato and Cheddar Perogies (7pc)	\$6.85
Add: Sour Cream	\$1.25
Chocolate Chip Cookie	\$1.95
Apple Juice	\$1.60