

# Hot Lunch

FOR JAN – MAR IS OPEN FOR ORDERING!

Order now on your [MunchaLunch](#) account.

**Term 2 is now open!**

We are pleased to bring you offerings from the following vendors this term.



- Hot lunch dates from Jan 9 to Mar 13.
- All orders must be PAID for by **Sunday December 21<sup>st</sup>**. If you are paying by cash or cheque, please drop off payment to the school office by **9am Friday Dec 19<sup>th</sup>** and email us to let us know! Unpaid orders will be cancelled.
- Late orders and special meal requests cannot be accommodated.
- You can cancel or change a food order up to 10 days prior to delivery. Hot lunches cannot be saved if student is absent. Email to arrange pickup, or it will be donated.

**Order and Pay By December 21<sup>st</sup>**

For more information, please email  
[cascadeheightshotlunch@gmail.com](mailto:cascadeheightshotlunch@gmail.com)

# Milk Mondays

Cascade Heights PAC is pleased to offer the return of the Milk Mondays Program

## What

Choose between 2% white milk or 1% chocolate milk. Subscribe for the term (must subscribe to all 7 delivery dates) and milk will be delivered to your child's class every Monday at lunch.

## When

Milk deliveries on Mondays at lunch from Jan 12 to Mar 9 (no deliveries on Jan 19 and Feb 16). There are 7 deliveries in total for Term 2.

## How

Order and pay on [Munchalunch](#) by **Sunday Dec 21<sup>st</sup>** to subscribe for Term 2. It will appear in the Term 2 Hot Lunch order page as Jan 12 Hot Lunch Date. Subscribe once for the entire term. You will only receive a reminder for the first Milk Mondays date.

## Note

- 1) The milk program is an extra perk offered to families with prices set to just cover program costs.
- 2) The program offers a set price for the entire term (7 deliveries) and cannot be pro-rated.
- 3) Unclaimed milk orders cannot be saved and will otherwise be donated.
- 4) We will not be able to process refunds for the milk program.

**Subscribe By Sunday Dec 21<sup>st</sup>**

For more information, please email [cascadeheightshotlunch@gmail.com](mailto:cascadeheightshotlunch@gmail.com)



## Cascade Heights Hot Lunch Program 2025 Term 2 Order Information

Dear Parents/Guardians,

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

### ORDER DEADLINE:

2025 Term 2 (January to March) lunch orders need to be completed online by **Sunday December 21<sup>st</sup>, 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>

### 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 December 19<sup>th</sup>** and send a note to [cascadeheightshotlunch@gmail.com](mailto: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](mailto:cascadeheightshotlunch@gmail.com).

Hot Lunch Date	Vendor	Theme
Fri-Jan-09	Subway	Subway
Fri-Jan-16	Takara	Sushi
Fri-Jan-23	Fuel	Burgers
Fri-Jan-30	Fuel	Wraps
Fri-Feb-06	Fuel	Pasta
Fri-Feb-13	Fuel	Comfort Food
Fri-Feb-20	Fuel	Burgers
Thu-Feb-26	Takara	Sushi
Fri-Mar-06	Subway	Subway
Fri-Mar-13	Dominos	Pizza

Milk Mondays	Notes
Mon-Jan-12	
Mon-Jan-19	No delivery due to school closure.
Mon-Jan-26	
Mon-Feb-02	
Mon-Feb-09	
Mon-Feb-16	No delivery due to school closure.
Mon-Feb-23	
Mon-Mar-02	
Mon-Mar-09	

**Don't forget the Term 2 payment deadline is Sunday December 21<sup>st</sup>!**

## Cascade Heights Hot Lunch Program

### 2025 Term 2 Menu

Milk Mondays Subscription	Price
White Milk (7 deliveries)	\$8.00
Chocolate Milk (7 deliveries)	\$8.30

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)	\$5.25
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: 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: 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

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