

Cascade Heights Hot Lunch Program 2026 Term 3 Order Information

Dear Parents/Guardians,

Cascade Heights PAC is pleased to offer hot lunch for Term 3. Our hot lunch program is run by parent volunteers and all funds raised go right back toward student activities and school enhancements.

ORDER DEADLINE:

Order by **Sunday March 22nd, 2026**. Payments must be received by the deadline or your order(s) will be cancelled.

ORDER PROCESS:

Order via MunchaLunch - follow this link to sign in or sign up <https://munchalunch.com/schools/CascadeHeights>

PAYMENT

The preferred payment is any major credit card. **For cash or cheque payments**, complete your order online and choose "other payment options". 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 13th** and send a note to cascadeheightshotlunch@gmail.com. If payment is not received by the deadline, the order will not be processed.

PLEASE NOTE:

Orders may be modified or cancelled **up to 10 days before delivery** through your MunchaLunch account. No refunds are available after the cutoff. If your child is absent, parents may pick up the lunch or donate it for the school to redistribute to another student. **Late orders and special requests cannot be accommodated.** For further questions, please email cascadeheightshotlunch@gmail.com.

As new field trips may come up during Term 3, be sure to stay on top of your child's schedules and cancel hot lunch orders ahead of time if they will be away.

Hot Lunch Date	Vendor	Theme
Thu-Apr-02	Dominos	Pizza
Fri-Apr-10	Takara	Sushi
Fri-Apr-17	subway	Subway
Fri-Apr-24	Fuel	Burgers
Fri-May-01	Fuel	Pasta
Fri-May-08	Takara	Sushi
Fri-May-15	Fuel	Comfort Food
Fri-May-22	subway	Subway
Fri-May-29	Fuel	Burgers
Fri-Jun-05	Boston Pizza	Boston Pizza (Sports Day)
Fri-Jun-12	Takara	Sushi
No Hot Lunch Last 2 Weeks of School		

Cascade Heights Hot Lunch Program

2026 Term 3 Menu

Theme: PIZZA DAY	Price
Cheese Pizza	\$4.50
Hawaiian 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: 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
Banana Chocolate Chip Muffin	\$2.60

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
Chocolate Chip Cookie	\$1.95
Banana Chocolate Chip Muffin	\$2.60

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
Banana Chocolate Chip Muffin	\$2.60

Theme: Boston Pizza (Sports Day)	Price
Kids' Pepperoni Pizza	\$6.00
Kids' Cheese Pizza	\$6.00
Kids' Gluten Free Cheese Pizza	\$6.00
3 Chicken Fingers	\$6.00
Kids' Cheese Burger	\$7.00
Bugs & Cheese Pasta (5oz)	\$6.00
Bugs & Cheese Pasta (7oz)	\$9.00
Spaghetti and Meat Sauce (5oz)	\$6.00
Spaghetti and Meat Sauce (7oz)	\$9.00
Gluten Free Pasta and Meat Sauce (5oz)	\$7.00