

Cascade Heights Hot Lunch Program

2026-27 Term 1 Order Information

Dear Parents/Guardians,

Cascade Heights PAC is pleased to offer hot lunch. Organized by parent volunteers, proceeds from the hot lunch program go right back toward student activities and school enhancements.

ORDER DEADLINE:

Order by **Sunday October 4th, 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/CascadeHeights>

NEW: If you are new to Cascade Heights, click on "Register your family" and follow the prompts. You will need to add your child(ren), and select the appropriate grade and class. For staff members, if you have a classroom please select your own class so that your orders will be bundled with the division and delivered to you. For all other staff members, select the "STAFF" class/division.

RETURNING: Log into your account and select the appropriate grade and class. Any remaining credits from the previous year should be available on your account now.

PAYMENT

The preferred payment is any major credit card by **Sunday October 4th**. **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 office by **9:00am Friday October 2nd** and send a note to cascadeheightshotlunch@gmail.com. If payment is not received by the deadline, the order will not be processed.

PLEASE NOTE:

Cancellations: Orders may be modified or cancelled up to **10 days prior** to each lunch date. If your child is absent and the cancellation window has passed, parents may pick up the lunch that same afternoon, or donate it to the school.

Allergies: We make every effort to offer a wide variety of meals to accommodate different dietary needs. However, due to the risk of cross-contamination, students with severe food allergies are advised not to participate. Parents are responsible for reviewing menu descriptions and determining whether meals are suitable for their children.

Contact: For further questions, please email cascadeheightshotlunch@gmail.com.

Hot Lunch Date	Vendor	Theme
Fri-Oct-16	Takara	Sushi
Thu-Oct-22	Subway	Subway
Fri-Oct-30	Dominos	Pizza
Fri-Nov-06	Fuel	Pasta
Fri-Nov-13	Takara	Sushi
Thu-Nov-19	Subway	Subway
Fri-Nov-27	Fuel	Comfort Food
Fri-Dec-04	Fuel	Wraps
Fri-Dec-11	Fuel	Pasta
Thu-Dec-17	Fuel	Hot Dogs & Burgers

Cascade Heights Hot Lunch Program

2026-27 Term 1 Menu

Theme: SUSHI DAY	Price
Kappa Maki (8pcs)	\$4.45
Tamago Roll (8pcs)	\$4.70
Avocado Roll (8pcs)	\$5.50
California Roll (8pcs)	\$5.50
Vegetable Roll (5pcs)	\$5.50
Yam Tempura Roll (8pcs)	\$5.50
Dynamite Roll (5pcs)	\$6.00
Chicken Teriyaki Roll (5pcs)	\$6.50
Beef Teriyaki Roll (5pcs)	\$6.75
Chicken Yakisoba	\$9.50
Beef Yakisoba	\$9.75
Veggie Yakisoba	\$9.25
Chicken Teriyaki Rice Don	\$9.50
Beef Teriyaki Rice Don	\$9.75
Tofu Teriyaki Rice Don	\$9.25

Theme: PASTA DAY	Price
Chicken Alfredo	\$6.95
Mac and Cheese	\$6.95
Parmesan Noodles	\$6.95
Spaghetti and Tomato Sauce	\$6.95
Spaghetti and Meatballs	\$6.95
Gluten Friendly Rotini	\$7.70
Halal Chicken Alfredo	\$7.95
Chicken Nuggets (6pc)	\$6.95
Grilled Cheese Sandwich	\$6.95
Chocolate Chip Cookie	\$1.95

Theme: WRAPS DAY	Price
Breaded Chicken Wrap	\$6.95
Chicken Caesar Wrap	\$6.95
Taco Chicken Wrap	\$6.95
Veggie Wrap	\$6.95
Cheese Quesadilla	\$6.95
Chicken Quesadilla	\$6.95
Gluten Friendly Cheese Quesadilla	\$7.70
Chicken Nuggets (6pc)	\$6.95
Mac and Cheese	\$6.95
Banana Chocolate Chip Muffin	\$2.70

Theme: SUBWAY DAY	Price
6" Veggie Sub (white/whole wheat)	\$6.15
6" Turkey Sub (white/whole wheat)	\$6.15
6" Ham Sub (white/whole wheat)	\$6.15
6" Pepperoni Sub (white/whole wheat)	\$6.15
<i>Customize:</i> <i>cheese, lettuce, tomato, cucumber, mayo, mustard</i>	
Chocolate chunk cookie	\$1.00

Theme: PIZZA DAY	Price
Cheese Pizza	\$4.75
Hawaiian Pizza	\$4.75
Pepperoni Pizza	\$4.75
Gluten Free Cheese Pizza	\$5.25

Theme: COMFORT FOOD DAY	Price
Chicken Nuggets (6pc)	\$6.95
Mac and Cheese	\$6.95
Grilled Cheese Sandwich	\$6.95
Meatball Sub	\$6.95
Chicken Quesadilla	\$6.95
Gluten Friendly Cheese Quesadilla	\$7.70
Potato and Cheddar Perogies (7pc)	\$6.95
Add: Sour Cream	\$1.25
Add: Salsa	\$1.25
Chocolate Chip Cookie	\$1.95

Theme: HOT DOGS & BURGERS DAY	Price
Beef Hot Dog	\$4.75
Chicken Hot Dog	\$5.25
Gluten Free Beef Hot Dog	\$6.25
Beef Burger	\$6.85
Cheese Burger	\$6.95
Veggie Burger	\$6.95
Gluten Friendly Beef Burger	\$7.95
Chicken Nuggets (6pc)	\$6.95
Mac and Cheese	\$6.95
Banana Chocolate Chip Muffin	\$2.70