

VMES CAFETERIA 2018-2019 MENU

There are lots of changes to the menu this year based on requirements from the Dept of Education. I am trying my utmost to provide students with the very best lunch options while staying within the policy. However, some items just don't fit anymore. Chocolate milk and juice will no longer be offered due to their lower nutritional value. Also, in an effort to reduce waste I will no longer be offering bottled water. Students are encouraged to bring a water bottle to school to be filled at the fountain.

The new policy requires the "Main Meal" of the day to contain "at least, vegetables, fruit, whole grain products, milk and meat or alternative." Therefore, the price must reflect these changes. In all the years that I have been at VMES I have never increased my prices. But, obviously an increase in the amount of food served has to have an increase in price.

All schools in our district are switching to "Cashless" beginning this year. I have accepted etransfers for payment for quite some time now. If you are familiar with etransfers feel free to use the email address below to send payment for your child's lunch. I also encourage frequent customers to set up prepaid accounts with me. How this works is you would contact me and we would discuss how much your child is allowed to spend per day, how often I can expect them to use the account, what sorts of things I can expect them to purchase, etc. Then you can send an online transfer (or cash/cheque if cashless absolutely does not work for you.) Parents who use accounts for their children find it very convenient. Milk cards are also available for children who would just like to have milk with their lunch every day. I hold the actual card so there is no worry about it getting lost.

I have stayed with the same menu for a couple of years because I have learned what works and what the kids like. I have learned what to expect (usually). Having to make these changes has been an ordeal for me. I don't know how, or even IF, this is going to work. So please bear with me as I make this transition along with you. As always, please contact me with any questions or concerns.

Crystal

Phone or text: 1.506.467.4709

Email: crystalpic2003@yahoo.ca

Facebook: <https://www.facebook.com/VMESCafeteria/>

Drinks:

White Milk.....\$.50

A La Carte:

Grilled Cheese.....\$2.50

Fresh or Canned Fruit.....\$1.00

Apple Sauce..... \$1.00

Seasoned Baked Tortilla & Salsa..... \$1.00

Fruit & Yogurt Parfait..... \$1.00

Cheese Stick.....\$1.00

Baked Goods.....Availability & Pricing to be announced. To meet with guidelines my current recipes will have to be changed or replaced. This is going to be a “trial and error” process so I’m not making a commitment to it at this time.

***Main Meal:**

Monday: Shepherd’s Pie, Fruit, Milk

Tuesday: Soup, Grilled Cheese, Fruit, Milk

Wednesday: Spaghetti & Meatballs, Caesar Salad, Fruit, Milk

Thursday: Soup, Grilled Cheese, Fruit, Milk

Friday: Week 1: Taco, Caesar Salad, Fruit, Milk

- Week 2: Pizza, Caesar Salad, Fruit, Milk

*There will be no omissions or substitutions when the meal is served. Please explain to your child that they have to take all items that go with the meal.

All Main Meals will be \$5. I’m really hoping I won’t have to increase the price more than this but only time will tell.