

**Rosemary Heights Elementary
Hot Lunch Program**

Hello Parents!

Our parent volunteer group runs the Hot Lunch program. All profits go back into funding various activities and items for our kids. Hot Lunch will be every Thursday. This ordering session is for October 2024 - January 2025. Hot Lunches are provided by **pre-order**. There is ***no guarantee of same day concession sales***. We order according to the numbers in our system and we do our best to avoid waste and extra cost to the school by only ordering what we need.

***Orders must be completed prior to 8 days prior to the desired hotlunch date (I.e. orders for Thursday, October 3 must be placed on Wednesday, September 25)**

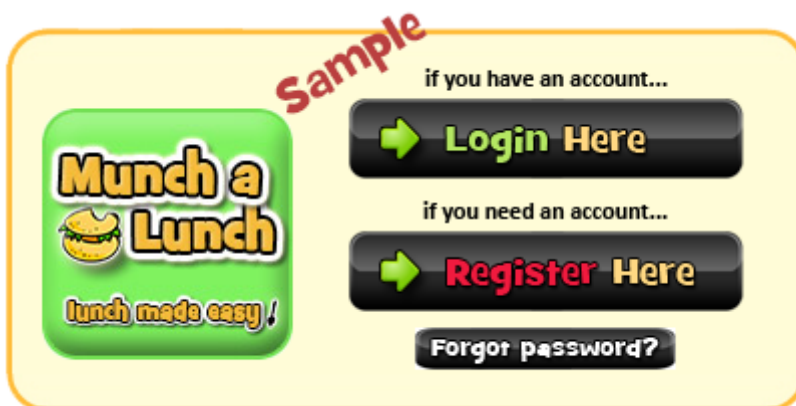
***First Hot Lunch Thursday, October 3**

(This order cycle will continue until Thursday, January 30)

Parents will place their hot lunch orders online using **MunchaLunch.com!**
You can pay for your orders online by credit card (Visa/Mastercard)

HOW TO REGISTER:

- 1) Go to: <https://munchalunch.com/schools/rosemaryheights>
- 2) Click the “**Register Here**” button (as shown below). The system will guide you through
- 3) After adding your children, click the green “Order Lunch!” button to order
- 4) Next time, just click the “**Login Here**” button to access your account.



ORDERING DETAILS:

- Online ordering will be OPEN on **Monday, September 16.**

- If you need assistance with ordering, or do not have access to the internet, please contact rosemaryhotlunch@gmail.com
- **Orders can be edited/cancelled/placed 8 days prior to each hotlunch date.** Kindly note that **orders must be paid** and completed 8 days prior to the hot lunch date in order to be included in the hotlunch distribution. We are unable to process any late orders.
- The system is easy to navigate but if you have any problems please email rosemaryhotlunch@gmail.com

Please note if your child is ill on a lunch date, you are welcome to come and pick up their lunch by 11:45am; otherwise please consider it a donation for a child who does not have a lunch. Consistent with previous years, there are NO REFUNDS as this is a PAC fundraiser. We appreciate your support for our hot lunch program as the funds go towards general fundraising within the school.

Hot Lunch Helpers Needed!

We are looking for parent volunteers to help organize the distribution for hot lunch on Thursdays. Please email rosemaryheightspac@gmail.com if you are available from 10:30am-1pm on any Thursdays and include the dates you are available.

Rocket Fuel:

The PAC's Hot Lunch program for our Rosemary families who need a little help. Each week you will see a new menu item on your Hot Lunch order forms. Just click on ROCKET FUEL (\$2/\$5) and add it to your cart, and you will be helping the PAC provide a meal for a child who cannot afford one or simply does not have one. Each week we have children come to the kitchen needing food. Or teachers and staff requesting something for a student who comes to school with not enough. We want to support all these children – because our Rosemary community is our family.

If you would like to inquire about getting included into the program, please email rosemaryhotlunch@gmail.com

Zero Waste:

In our efforts to strive towards zero waste in our schools, we are asking you to pack cutlery with your child on our hot lunch days

PLEASE NOTE:

You may have noticed some prices have gone up to align with food cost increases by the vendor.

Menu Summary

This year's menu is divided into 9 ordering sessions – broken down to 2-3 months at a time. We have tried to develop a menu with options for everyone to enjoy! **ITEMS DO NOT CONTAIN NUTS. WE ARE A “NUT AWARE” SCHOOL.**

Panago Pizza -Choice of a large slice of Cheese, Pepperoni, Ham & Pineapple or Vegetarian pizza. Panago also offers Caesar Salad.

Subway - Served on a fresh baguette (whole wheat or Italian white bread) and are available in a 6 inch or foot long. The choices are Ham, Turkey, Tuna, or Veggie with your choice of toppings. Also offering chicken noodle soup.

Yamako Sushi - Choice of California, Kappa, Dynamite or Avocado roll. Now including chicken & beef teriyaki don.

A&W – A&W serves beef that is raised without the use of hormones or steroids and is free of additives, fillers or preservatives — just 100% pure beef. Likewise, they serve chicken that is raised without the use of antibiotics and fed a grain-based, vegetarian diet without animal by-products, and the chicken burgers are made with seasoned, 100% chicken breast, without fillers. For more information, feel free to visit <https://awguarantee.ca/en/>

White Spot – a family favourite and big hit last year! White spot will be offering their legendary burger plain or with cheese, macaroni and cheese, spaghetti and meatballs, chicken fingers with plum sauce and chicken Caesar wrap. They also offer a side salad and vegies and dip.

Chopped Leaf- From wraps to grilled cheese, The Chopped Leaf prides itself on bringing fresh and delicious food directly to the classroom. They offer classic childhood favourites made with wholesome ingredients is the perfect combination to help fuel young minds and help them feel good after they eat.

Boston Pizza - Boston Pizza's Lunchbox Menu includes a variety of items that meet the nutritional requirements set out in each province for the sale of food and beverages in schools. The nutritional requirements embody the principles of healthy eating outlined in Canada's Food Guide.

Wokbox - Their hot lunch program provides school children across Canada with fresh, delicious Asian style food packaged in a cute personalized to-go container.

Kiki's - Genuine Greek food made from traditional family recipes

CHA Time - A variety of bubble tea offerings that fit well into our school lunch program

Booster Juice – Handcrafted real fruit smoothies that promote eating right while living an active lifestyle

Quesada - Discover Quesada's Taste of Mexico with their delicious burritos, tacos & quesadillas