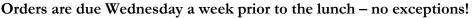
PAC WEEKLY LUNCH PROGRAM 2013-2014



We are pleased to once again offer families a weekly lunch program with online ordering and payment through Mavalicious Kidseat (www.mavaliciouskidseat.com)



Food is delivered on Thursdays. You may order as many weeks in advance as you like.





PAC LUNCH SCHEDULE FALL 2013		
September 19	Pizza	
September 26	Wraps and Burritos	
October 3	Meal Packs (hotdogs, mini-hamburgers, chicken fingers)	
October 10	Pasta and Soup	
October 17	Pizza	
October 24	World Menu	
October 31	Meal Packs (hotdogs, mini-hamburgers, chicken fingers)	
November 7	Wraps and Burritos	
November 14	Pizza	
November 21	Pasta and Soup	
November 28	Meal Packs (hotdogs, mini-hamburgers, chicken fingers)	
December 5	World Menu	
December 12	Pizza	
December 19	NO LUNCH	

To set up your online account and place an order, go to www.mavaliciouskidseat.com and click on the NEW PARENT ACCOUNT SIGN UP (must be completed each year.)

If you have any questions about our lunch program or are unable to process a payment online, please contact Larissa Warrington, PAC Chair, at falsecreekpac@gmail.com or 604-731-4243.

WE WILL REQUIRE VOLUNTEERS TO DISTRIBUTE LUNCHES! Please use our online sign up sheet at www.falsecreekpac.ca if you are able to help on Thursdays from 11:45am - 12:30pm.

THIS IS A PAC FUNDRAISER – THANK YOU FOR YOUR SUPPORT!

Detailed menu items and prices are below. For a complete description of menu items, please visit www.mavaliciouskidseat.com.

Pizza (September 19, October 17, November 14, December 12)

Pepperoni Pizza	\$5.00
Cheese Pizza	\$5.00
Hawaiian Ham & Pineapple Pizza	\$5.00
Side Caesar Salad	\$3.50
Carrots and Dip or Fresh Fruit Cup	\$2.50
Yogurt	\$1.50
Double Chocolate Brownies (2 mini)	\$1.50
Apple or Orange Juice, 2% Milk or Chocolate Milk	\$1.25

Wraps and Burritos (September 26, November 7)

Chicken quesadilla	\$5.00
Veggie & Bean Burrito	
Beef n rice wrap	\$5.00
Indian Samosa Wrap	\$5.00
Jamaican Chicken wrap	\$5.00
Carrots and Dip or Fresh Fruit Cup	\$2.50
Yogurt	\$1.50
Sugar-free lemon cookie	\$1.50
Banana Bread	\$1.50
Apple or Orange Juice, 2% Milk or Chocolate Milk	\$1.25

Meal Packs (October 3, October 31, November 28)

Hot Diggity Dog Pack w/Carrots & 3 Donut Bites (Beef or Veggie)	
Sliders Pack w/Carrots & 3 Donut Bites (Beef or Veggie)	
Chicken Fingers	\$5.00
Carrots and Dip or Fresh Fruit Cup	\$2.50
Yogurt	\$1.50
Cinnamon Donut Cake Bites (3 mini)	
Apple or Orange Juice, 2% Milk or Chocolate Milk	

Pasta and Soup (October 10, November 21)

Spaghetti & Meatballs (w/ cracked wheat bun)	
Mac N' Cheese (w/ cracked wheat bun)	
Four Cheese Tortellini w/Tomato Sauce (w/ cracked wheat bun)	
Upside down Meat or Veggie Lasagna	
Meat Chili (w/ cracked wheat bun)	\$5.50
MAVA kids Chicken noodle soup for the soul	
Carrots and Dip or Fresh Fruit Cup	
Yogurt	\$1.50
Sugar-free lemon cookie	\$1.50
Banana Bread	
Apple or Orange Juice, 2% Milk or Chocolate Milk	\$1.25

World Menu (October 24, December 5)

Curried veg w Tofu 275g	\$5.00
Alberta beef stew 275g	
Shepherd's pie 275g	
Asian Chicken Fried Rice w sweet n sour pork 275g	
Chicken Fried rice w ginger beef n stir veg. 275G	\$5.00
Mac N' Cheese (w/ cracked wheat bun)	\$5.50
Carrots and Dip or Fresh Fruit Cup	\$2.50
Yogurt	\$1.50
Sugar-free lemon cookie	
Banana Chocalate chip muffin	
Apple or Orange Juice, 2% Milk or Chocolate Milk	\$1.25