



Dear Parents(s) and Guardian(s):


Chartwells is pleased to be the food service provider at your child's school. We appreciate you taking the time to read this letter to familiarize yourself with Chartwells nutritious food program and meal plan procedures for the 2019/2020 school year.

Within the provincial nutrition policy guidelines we offer favorite meals using **better-for-you products and cooking methods.**

We are excited to launch our new online ordering program. Welcome to Cafzone.ca

- **Pre-purchase Online** – Caf Zone is a convenient online ordering system designed to make your mornings easier by making payments online. No need to send cash or cheques with your child anymore. Now you can choose your child's meal up to two months in advance and pay conveniently online by visiting: www.CafZone.ca
 - Select your meal options at home on a computer, tablet or your phone. Simply create a profile for each child and you can peruse through options at your leisure.
 - In the event that a meal was pre-purchased for a day your child may be absent you can submit a credit request up until 9am on that date to receive a credit to your account. You can submit through the website with our Contact Us/Credit Request section.

Ordering is Easy!

- 1) Create an account on CafZone.ca and add each child's profile with their school & grade
- 2) By selecting this button > [A-la-carte](#)  you will be able to select your dates and meal choices
- 3) Add orders for one or multiple children and proceed to Check Out
- 4) You will receive a confirmation email of your order

Included with this letter are this month's menu and school year price list. Thank you for your support and we look forward to serving you.



HEALTHY, BALANCED MEALS

Varied and delicious menus that meet provincial healthy eating policies



EASY

Choose your child's meals for the day the week or the whole month in just a few clicks



CONVENIENT

Order from your cellphone, tablet or computer and pay directly online

chartwells
eat. learn. live.





Tantallon Jr. Elementary School



Menu 2019-2020

| Daily Meals \$5.25 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|--|
| Sept 9-14 Sept 30-Oct 4 Oct 21-25 Nov 11-15 Dec 2-6 | Home Made Goulash Roll OR Caesar Salad Milk or 114ml Juice | Baked Popcorn Chicken with Mashed Potato OR Baked Potato Wedges Cucumber Slices Milk or 114ml Juice | Chartwells Lunch-Able: Raw Veggies Sliced Chicken Breast Chick Peas Apple Wedges Milk or 114ml Juice | 6" Pizza Round (Garlic Or 3 Cheese) Watermelon Slice Milk or 114ml Juice | 3 Pancakes with Berries and Syrup Milk or 114ml Juice |
| Sept 16-20 Oct 7-11 Oct 28 Nov 1 Nov 18-22 Dec 9-13 | Home Made Macaroni & Cheese Carrot Sticks & Dip Milk or 114ml Juice | Soft Taco Filled With Beef Lettuce, Cheese, Diced Tomato Fluffy Rice Corn Milk or 114ml Juice | Chartwells Lunch-Able: Pancake Cut In Strips With Strawberry Dip Banana Slice Mini Low Fat Brownie Milk or 114ml Juice | 6" Pizza Round (Veggie Or 3 Cheese) Carrot sticks and Dip Milk or 114ml Juice | Home Made Hamburger Caesar Salad Milk or 114ml Juice |
| Sept 23-27 Oct 14-18 Nov 4-8 Nov 25-29 Dec 16-20 | Pasta Bowl with Parmesan And Cheddar Cheese WW Breadstick OR Caesar Salad Milk or 114ml Juice | Baked Chicken Nuggets Baked Potato Wedges. Carrot sticks Milk or 114ml Juice | Chartwells Lunch-Able: Cup Of Chicken Noodle Soup ½ Ham Sandwich Cheese Portion Banana Milk or 114ml Juice | 6" Pizza Round (Mexican Or 3 Cheese) Banana Milk or 114ml Juice | Chicken Tatter Bowl (Chicken on Mashed Potatoes with Corn and Gravy) Milk or 114ml Juice |

Daily: White Milk \$0.40, Chocolate Milk \$1.85, 114ml 100% juice cup \$0.75, 500ml Water \$1.50, Can Juice \$1.75, Icee Cup \$1.50, whole Fruit \$1.25, Yogurt \$1.25, Veggie Bags \$1.50, Low Fat Cookie \$0.75, Pizza Round \$3.75, Grilled cheese \$3.50, Ham and Cheese Sandwich \$3.60, chicken Salad Sandwich \$3.60, Caesar Salad \$3.75, Chicken Caesar Salad \$4.25, Baked Chips \$1.75, Welshs \$1.75, Gold Fish Crackers \$1.25/\$2.25

Pre order all your meals before 7:45 am

GO TO
www.cafzone.ca



Tantallon Jr. Elementary School

Menu 2019-2020



| Daily Meals \$5.25 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|---|
| Jan 13-17 Feb 3-7 Feb 24-28 March Break Apr 6-10 Apr 27-May 1 May 18-22 June 8-12 | Home Made Goulash Roll OR Caesar Salad Milk or 114ml Juice | Baked Popcorn Chicken with Mashed Potato OR Baked Potato Wedges Carrot sticks Milk or 114ml Juice | <u>Chartwells Lunch-Able:</u> Raw Veggies Sliced Chicken Breast Chick Peas Apple Wedges Milk or 114ml Juice | 6" Pizza Round (Garlic Or 3 Cheese) Watermelon Slice Milk or 114ml Juice | 3 Pancakes with Berries and Syrup Milk or 114ml Juice |
| Dec 30-Jan 3 Jan 20-24 Feb 10-14 Mar 2-6 Mar 23-27 Apr 13-17 May 4-8 May 25-29 June 15-19 | Home Made Macaroni & Cheese Carrot Sticks & Dip Milk or 114ml Juice | Soft Taco Filled With Beef Lettuce, Cheese, Diced Tomato Fluffy Rice Cucumber slices Milk or 114ml Juice | <u>Chartwells Lunch-Able:</u> Pancake Cut in Strips With Strawberry Dip Banana Slice Mini Low Fat Brownie Milk or 114ml Juice | 6" Pizza Round (Veggie Or 3 Cheese) Carrot sticks and Dip Milk or 114ml Juice | Home Made Hamburger Caesar Salad Milk or 114ml Juice |
| Jan 6-10 Jan 27-31 Feb 17-21 Mar 9-13 Mar 31-Apr 3 Apr 20-24 May 11-15 June 1-5 | Pasta Bowl with Parmesan And Cheddar Cheese WW Breadstick OR Caesar Salad Milk or 114ml Juice | Baked Chicken Nuggets Baked Potato Wedges. Carrot sticks Milk or 114ml Juice | <u>Chartwells Lunch-Able:</u> Cup Of Chicken Noodle Soup ½ Ham Sandwich Cheese Portion Banana Milk or 114ml Juice | 6" Pizza Round (Mexican Or 3 Cheese) Banana Milk or 114ml Juice | Chicken Tatter Bowl (Chicken on Mashed Potatoes with Corn and Gravy) Milk or 114ml Juice |
| <p>Daily: White Milk \$0.40, Chocolate Milk \$1.85, 114ml 100% juice cup \$0.75, 500ml Water \$1.50, Can Juice \$1.75, Icee Cup \$1.50, whole Fruit \$1.25, Yogurt \$1.25, Veggie Bags \$1.50, Low Fat Cookie \$0.75, Pizza Round \$3.75, Grilled cheese \$3.50, Ham and Cheese Sandwich \$3.60, chicken Salad Sandwich \$3.60, Caesar Salad \$3.75, Chicken Caesar Salad \$4.25, Baked Chips \$1.75, Welshs \$1.75, Gold Fish Crackers \$1.25/\$2.25</p> | | | | | |
| <p>Pre order all your meals before 7:45 am</p> | | | | | |
| <p>GO TO www.cafzone.ca</p> | | | | | |