



Canteen Hot Lunch returns for 2018-2019!

Starting this Thursday, September 20th, Walter Lee's popular hot lunch program returns for the 2018-2019 school year. Fresh Slice Pizza will be available for purchase this week at \$2/slice. Cheese, pepperoni, Hawaiian, pesto and vegetarian varieties will be offered. Snacks and drinks will also be available for purchase. Larger snacks (including chips, chocolate milk) are \$1 each. Smaller snacks (such as juice boxes, rice krispie treats, granola bars) are \$0.50 each. The selection of snacks and drinks available each Canteen may vary throughout the school year.

To promote more nutritious food choices at school, the following limits will apply to our Canteen program this year:

- Total purchase of snacks and/or drinks will be limited to \$2 per student per Canteen. Students may purchase up to two pizza slices or hot dogs.
- "Sometimes" items will be limited to one per student per Canteen.

Many tasty options are offered for snacks and drinks at Canteen. Some are healthier food choices than others. Take a moment to consider if you are making a good choice for your lunch.

For families new to Lee or those unfamiliar with Canteen, there is an overview of our hot lunch program on the Walter Lee website at <http://lee.sd38.bc.ca/parents/parent-advisory-council-pac/lee-lion-canteen>. The Canteen schedule for the fall is posted online and around the school.

We're looking forward to serving you your Canteen. Enjoy your lunch!

"Sometimes" Snacks & Drinks

These typical Canteen snacks and drinks are tasty treats that should be enjoyed "sometimes" only. They may be higher in fat, sodium or sugar than other options. These items will be limited to one (1) per student per Canteen.

- Fruit juice boxes, all flavours
- Chips, all varieties
- Rice Krispies treats
- Pudding, all flavours
- Chocolate milk

"Better" Snacks & Drinks

These typical Canteen snacks and drinks are delicious options that are "better" choices. Consider choosing these items more often than "Sometimes" options. Drinking water from the filtered water station is always a great healthy choice!

- Chocolate chip granola bars
- Roasted seaweed
- Fruit gummies
- Cheese strings
- Gold Fish crackers

Thank You For Your Support