



'Nutritious Delicious Day™'

A Fill in ALL of the requested INFO. Please write clearly.

B Select the DATES, ENTRÉES, MEAL PACKAGE & optional HEALTHY SNACKS.

C Grab a calculator, TOTAL your order & select a METHOD of PAYMENT (boxes 1-4).

KEEP FOR YOUR REFERENCE!

Refer to the form for available dates → **Circle** the dates you have ordered:

January				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

February				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28				

March				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	



St. Gregory (Etobicoke) ✂ Return this order form to school by: Tuesday, November 30th, 2010

PLEASE FILL IN ALL INFORMATION CLEARLY

Student's First & Last Name: _____ Parent's Signature: _____
 Homeroom Teacher: _____ Grade: _____ Class Code: _____ Room #: _____
 Home Phone #: _____ Work/Cell #: _____ Email: _____
 Special Notes: _____

This program is also a School Fundraiser ☺

CIRCLE only the DATES you want to order from these TUESDAYS ↘

CIRCLE 1 ENTRÉE per date ↘ If no selection is made, the default is underlined ↘

\$4.00 = the Entrée only
\$6.50 = Entrée, Beverage & Dessert (Full Meal)

★ = Allergen-Free Options (Gluten, Soy, Egg & Dairy Free)

CA = Carrot Sticks + Dip (\$1)
 YO = Fruit Yogurt (\$1)
 FR = Fruit Cup (\$1)

↓
Healthy Snacks (Optional)
 Circle Snack, \$1 each ↘

PAYMENT ↘
Skip to Box 4:
 ONE PAYMENT for the WHOLE order
Boxes 1,2,3:
 Pay monthly by post-dated cheques ↘

Tues. Jan. 4	<u>Chicken Nuggets</u> • Cheesy Mac • Chicken Fried Rice • <u>Beef Chili</u> ★ • Chicken Caesar Wrap	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Jan. 11	<u>Chicken Burger</u> • Chicken Alfredo • Cheesy Egg Bagel • <u>Greek Chicken & Rice</u> ★ • Caesar Salad	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Jan. 18	<u>Beef Burger</u> • Cheese Tortellini • Pizza Burrito • <u>Chicken Stew</u> ★ • Chicken Caesar Salad	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Jan. 25	<u>Chicken Nuggets</u> • Italian Pasta • Chicken Salsa Burrito • <u>Beef Chili</u> ★ • Chicken Caesar Wrap	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
1st Month Subtotal(s) →		\$			

Tues. Feb. 1	<u>Chicken Burger</u> • Beef Ravioli • Turkey Omelet • <u>Veggie Chili</u> ★ • Caesar Salad	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Feb. 8	<u>Beef Burger</u> • Cheesy Mac • Chicken Fried Rice • <u>Chicken Stew</u> ★ • Chicken Caesar Salad	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Feb. 15	<u>Chicken Nuggets</u> • Italian Pasta • Sweet & Sour Chicken • <u>Beef Chili</u> ★ • Chicken Caesar Wrap	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Feb. 22	<u>Chicken Burger</u> • Spiral Lasagna • Turkey Omelet • <u>Veggie Chili</u> ★ • Chicken Caesar Salad	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
2nd Month Subtotal(s) →		\$			

Tues. Mar. 1	<u>Beef Burger</u> • Chicken Alfredo • Pizza Burrito • <u>Greek Chicken & Rice</u> ★ • Caesar Salad	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Mar. 8	<u>Chicken Nuggets</u> • Cheese Tortellini • Veggie Pizza Burrito • <u>Beef Stew</u> ★ • Chicken Caesar Wrap	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Mar. 22	<u>Chicken Burger</u> • Spiral Lasagna • Cheesy Egg Bagel • <u>Veggie Chili</u> ★ • Chicken Caesar Salad	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
Tues. Mar. 29	<u>Beef Burger</u> • Cheesy Mac • Pizza Burrito • <u>Greek Chicken & Rice</u> ★ • Chicken Caesar Wrap	\$6.50 • \$4	→	<u>CA</u> • YO • FR	__ x \$1
3rd Month Subtotal(s) →		\$			

1 TOTAL:
 \$ _____, on
 CHEQUE # _____
 Post-date for:
 2011/01/01 (Jan. 1)

2 TOTAL:
 \$ _____, on
 CHEQUE # _____
 Post-date for:
 2011/02/01 (Feb. 1)

3 TOTAL:
 \$ _____, on
 CHEQUE # _____
 Post-date for:
 2011/03/01 (Mar. 1)

Select a Method of Payment:

ORDER ONLINE → Go paperless! COMING SOON ☺

EXACT CASH → Order Total \$ _____ [exact cash enclosed; no change returned]

CHEQUE → Order Total \$ _____ on Cheque # _____ → **DATED: 2011/01/01 (Jan. 1), PAYABLE TO: Kidssentials, MEMO: write Student Name, Phone # & School**

CREDIT NOTES → Total credit note amount \$ _____ [subtract this amount from ORDER TOTAL and pay the balance] *Submit all paper Credit Notes

ADD all Lunch + Snack Subtotals:
ORDER TOTAL = \$ _____ ← Pay this amount

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We'd Love to Hear from You!

☎ **Offices:** 905.855.1914

✉ **Email:** mail@kidssentials.com

🌐 **Online:** www.kidssentials.com

★ Credits are issued to cancellations made before 8am only. Sorry, absolutely no exceptions ★

✂ CUT HERE ✂ KEEP FOR YOUR REFERENCE ✂ CUT HERE ✂ KEEP FOR YOUR REFERENCE ✂

<u>Entrée</u>	<u>Description</u>	<u>Type</u>	<u>Net Carbs</u>
Beef Chili	Lean ground beef and traditional ingredients, mildly seasoned	ALLF	15.4
Beef Burger	100% all beef burger on a soft, fresh bun	K, M	30
Beef Ravioli	Beef ravioli in a light rosé sauce (packed with 'invisible' veggies) and sprinkled with mozzarella cheese		44.3
Beef Stew	Lean beef, potatoes and garden vegetables in a light, savoury gravy	ALLF	20.9
Caesar Salad	Entrée-sized, crisp romaine lettuce, crunchy herbed croutons and a side of Caesar dressing (pita on side)	V	54.8
Cheese Tortellini	Cheese filled tortellini covered in a light rosé sauce (packed with 'invisible' veggies)	V	52.2
Cheesy Egg Bagel ^{NEW!}	A whole wheat bagel topped with a scrambled egg patty & cheddar cheese	V	41.6
Cheesy Mac	Elbow macaroni covered in a creamy, cheesy cheddar sauce	V, K	65.5
Chicken Alfredo	Penne pasta and diced white chicken covered in a creamy Alfredo sauce		53.9
Chicken Burger	100% white chicken, baked in a light breading and served on a soft Kaiser bun	K	47
Chicken Caesar Salad	Entrée-sized, diced white chicken, romaine lettuce, crunchy herbed croutons and a side of Caesar dressing		15.8
Chicken Caesar Wrap	Diced white chicken, romaine lettuce and a creamy Caesar dressing wrapped in a soft tortilla		34
Chicken Fried Rice	Mildly flavoured long grain rice, diced white chicken, peas and carrots (baked, never fried)	S	83.5
Chicken Nuggets	Six 100% white chicken nuggets baked in a light whole wheat breading	K, P	21
Chicken Salsa Burrito	Diced white chicken, cheddar cheese and mild salsa wrapped in a whole wheat tortilla		26.9
Chicken Stew	100% white chicken, potatoes and garden vegetables in a light, savoury white gravy	ALLF	30.7
Fish Burger	Breaded and baked fish burger on a whole wheat bun		49
Greek Chicken & Rice	Diced white chicken with finely chopped red peppers on a bed of Greek-style rice (contains tomato juice)	ALLF	59.4
Italian Pasta	Penne pasta in a light tomato sauce (shh... Our tomato sauces are packed with 'invisible' veggies!)	V	61.3
Pizza Burrito	Turkey pepperoni, light tomato pizza sauce and mozzarella cheese wrapped in a soft whole wheat tortilla		28.6
Spiral Lasagna	Traditional lasagna ingredients mixed with 100% pure beef and spiral shaped pasta (rotini)		64.7
Sweet & Sour Chicken	Diced white chicken in a sweet and sour sauce, served with steamed rice		110
Turkey Omelet ^{NEW!}	Turkey Omelet with cheddar cheese and a side of hash browns (an excellent source of protein)	K	25.2
Veggie Chili	Three kinds of beans mixed with various finely diced vegetables in a mildly spiced sauce	V,ALLF	38.5
Veggie Pizza Burrito	Green & red peppers, sweet onions, mozzarella & tomato pizza sauce wrapped in a soft whole wheat tortilla	V	29

Net carb. counts
↑

'Type' legend ▾

V	VEGETARIAN
ALLF	GLUTEN, SOY, EGG & DAIRY FREE

Condiments provided:

K	Ketchup
M	Mustard
P	Plum Sauce
S	Soya Sauce

 **Kidssentials uses FRESH ingredients. Foods are BAKED, never fried.**

- The above are entrée descriptions only; not complete ingredient lists
- Meals cannot be altered or customized
- Condiments indicated are sent to each classroom & provided for each student to select
- Contact Kidssentials if you have any allergy concerns, dietary needs or require nutritional info

Please READ this Important Information:

Please review all of the information on this order form. By submitting this order form, you have read, understand and agree to Kidssentials terms, conditions and policies.

Cancellation Policy:

- A CREDIT will be issued for meals cancelled up until 8am of the day of the meal (due to illness/field trip/etc.).
- Cancellations must be communicated directly with Kidssentials by email or phone.
- Advanced notice is appreciated ☺ (e.g.: Field trip next week? Don't wait; call us today!)
- Meals cancelled after 8am will not be credited. Sorry, absolutely no exceptions.
- If school busses are cancelled, Kidssentials meals for the entire school will also be cancelled and rebooked for another date.

Entrées (\$4):

- Kidssentials entrées are prepared fresh daily in peanut/nut free catering kitchens & delivered to the school ready to be assembled & served fresh to your child, resulting in high quality food served at the correct temperatures.

Full Meals (\$6.50):

- Full meals include an entrée, beverage and dessert (beverages and desserts are rotated for variety).
- Beverages include 100% pure juices and spring water.
- Desserts include baked cookies, fruit breads and mini loaves.

Healthy Snacks (\$1):

- Healthy snacks include fresh cut carrots & ranch dip, fruit yogurt, and a variety of fruit cups.

Allergies and Dietary Needs:

- ***Before placing your order***, contact Kidssentials to check for any allergens (if applicable).

Payments:

- There is a **\$30 service charge** on all returned or NSF Cheques. In the event of a returned or NSF Cheque, your child's order will be cancelled immediately, until full payment has been made.
- **Orders which are unclear or have insufficient payment, will not be processed, but will be returned to the school ASAP and sent home for you to verify, correct and then mail to our offices.**
- In the event of an over-payment, a credit note may be issued to be applied toward a future order.
- All credits must be redeemed as partial payment for the next issued order form. Credits have no cash value, will not be refunded for cash and cannot be replaced if misplaced.
- Kidssentials does not accept responsibility for payments made by cash, until it reaches our offices.

Family Lunch Orders:

- Payments for siblings may be combined on one cheque, series of post-dated cheques or by cash.
- **Enclose the Payment and sibling order forms (one per child) in the same envelope.**
- Please do not separate forms from payment.

★ Should you require any assistance or have any inquiries, please contact Kidssentials directly ★