

Hot Lunch Program

The Hot Lunch Program is a trimester-based program available to all students (including 3-year-olds). The meals are prepared by Braizen Food Group. Hot, fresh meals are prepared in house with no artificial additives or preservatives, with an emphasis on local produce when possible. “Fun Food Days” (i.e. hot dogs, pizza, etc.) will be limited to twice a month.

Meals are served daily and include:

- A hot main entrée (vegetarian and gluten free meals are available upon request)
- Two sides (one starch, one vegetable)
- A fresh starter course (salad and/or vegetable crudités, cheese plates, pickles, dairy based snack)
- Fresh fruit medley
- A choice of spring water or carton of milk
- Dessert : whole piece of fruit and/or a healthy dairy based dessert

All meals follow the Canada Guideline for Healthy Eating in portion and content.

Cost

	Maternelle (3-4-5 Years Old)	Elementary/Secondary (Grades 1-12)
1st Trimester	\$580	\$650
Year-Round	\$1440	\$1610

Field trips

Students participating in the hot lunch program will be provided with a cold packed lunch in the morning to take on the trip. Students who go on an overnight trip will receive a credit for their missed hot lunches.

Withdrawals

Students may withdraw within the first two weeks of the trimester without penalty. In such case, the first two weeks will be deducted from the refund. No withdrawals are possible after the first two weeks of the trimester.