**VMES CAFETERIA 2019-2020**

I’m excited to be gearing up for a new school year in the cafeteria at VMES! As in previous years my goal remains to provide simple, healthy, balanced lunches at prices parents can afford. In keeping with the nutrition policy, sugary treats and drinks remain off the menu, as well as drinks that employ single use plastics. We encourage you to send your child with a refillable water bottle! White milk will also be available at lunch.

There are many ways to contact me and I encourage you to use whatever way is most convenient for you. You may phone or text me at 1-506-467-4709, email [crystalpic2003@yahoo.ca](mailto:crystalpic2003@yahoo.ca), or Facebook Message me via the VMES Cafeteria Facebook page at [www.facebook.com/VMESCafeteria/](http://www.facebook.com/VMESCafeteria/) . Please keep in mind how difficult it is to answer phone calls between 10:00 am and 1:00 pm since I am the only one working the cafeteria. I am, however, very prompt at answering text messages and FB messages.

I am still accepting cash or cheques this year in the cafeteria but email transfers are always welcome as well. I have automatic deposit so there is no need to even enter a password! You can e-transfer to [crystalpic2003@yahoo.ca](mailto:crystalpic2003@yahoo.ca) . If your child buys lunch often I encourage you to purchase a prepaid account for them. You can add any amount to it and I will simply notify you when the account is running low and in need of a top up. If you have any questions about this system please feel free to contact me. Milk cards are also available at a cost of $10.00 for 20 milks. I hold the card so it doesn’t get lost. ☺

**A La Carte**

Grilled Cheese…………….$2.50

2 Grilled Cheese………….$4.00

Soup & Crackers………….$3.00

Caesar Salad………………..$3.00

Yogurt Parfait……………..$1.00

Cut up fruit…………………$1.00

Seasoned Baked Tortilla & Salsa……………………..……$1.00

String Cheese……………..$1.00

Baked Goods (available only occasionally)……………….$1.00

**Daily Meals: $5.00**

Monday: Shepherds Pie

Tuesday: Soup & Grilled Cheese

Wednesday: Spaghetti & Meatballs with Caesar Salad.

Thursday: Soup & Grilled Cheese

Friday: Pizza **or** Tacos with Caesar Salad (alternating between Fridays)

*\*If your child orders the Daily Meal it will include a side of fruit and white milk. They can, however, just order the main dish without the extras at a cost of $4.00.*