

# HOLY SNACKS

We would like to introduce you to the new **HOLY SNACKS Meal and Snack Card Program**. A convenient and affordable option for kids and parents!

**Meal Cards** are available to purchase for \$25.00 for 1 week, or \$45.00 for 2 weeks of no fuss no muss nutritious lunches for your child. The Meal Cards can be used towards purchase of daily entrees or any combo available that day. **Snack Cards** can be purchased in \$25.00 denominations and used towards the purchase of any a la carte/snack menu items available (ie, to “top up” any lunch from home.).

As the new menu reflects, the canteen will now be offering a **Daily Entrée which includes salad or fruit or vegetable and a beverage (milk, juice or water) for \$ 5.00**, in addition to Daily Soups, Salads, and A La Carte items that include, but aren't limited to, Fruit Cups, Veggie Cups, Steamed Rice, Yogurt Parfaits, and Fresh Baked Goods.

We do request that orders be handed in for the week by the Monday Morning (for daily entrée specials), or daily orders by 9:30 am, as we cannot guarantee enough for everyone if we have no idea how many kids we will be feeding.

Compare the costs of a lunch brought from home with our school lunch prices and you will see that our school lunch is a bargain!

## **Cost of a Sample Lunch from Home**

Bread (likely white), 2 slices	\$0.50
Turkey Slices, 2 – 3 oz	\$1.35
Tomato Slice	\$0.30
Lettuce	\$0.25
Cheese	\$0.75
Baby Carrots (8-9)	\$0.80
Fruit (apples)	\$0.60
Milk (1/2 pint)	\$1.50
Bag, napkin, etc	\$0.15
<u>Labor, 15 minutes</u>	<u>FREE</u>

**Total Cost** **\$5.80**

Same Lunch purchased at school \$4.00

**Savings** **\$1.80**

## **Cost Comparison of Hot Lunches**

Soup To Go	\$2.33
Salad	\$3.50
<u>Milk</u>	<u>\$2.15</u>

**Total Cost** **\$7.98**

Same Healthier Lunch \$5.00  
purchased at school

**Savings** **\$2.98**

**SCHOOL LUNCH      VS      ALTERNATIVE**

<b>COST</b>	\$4.00 - \$5.00	AS ABOVE (\$5.30 - \$7.98)
<b>Nutrient Content</b>	Low Fat Low in Sodium Lower in Saturated And Trans Fats Low in Sugar BAKED, NOT FRIED	Higher in Fat Higher Sodium Content Higher in Saturated And Trans Fats Higher Sugar Content
<b>Variety Entrée</b>	Different Entrées Daily, Salads, Soups	Limited Choices
<b>Fruits/Vegetables</b>	Several Choices, alternated	Generally lacks fresh Fruit and vegetables
<b>Beverage</b>	Low Fat Milk High in Calcium and Vit D	Fruit Drinks or Soda
<b>Food Safety</b>	Prepared under strict Sanitary conditions	May not be held at correct Temperatures in the classroom
<b>Service/Benefits</b>	Quick and Easy Prepared Daily, Nutritious Variety, Allows kids to try new things.	Time and Preparation required difficult with busy schedules. Often limited choices

Abides by the Anaphylaxis Policy, WE read all our ingredient labels, so you don't have to!

**In addition, our meals are prepared using reduced fat dairy products, low salt sauces and flavorings and lots off vegetables to meet the guidelines suggested by the Manitoba Nutritious Schools Policy, and provide no more than 30% calories from fat, 10% from saturated fat (averaged over the week).**

**WE VALUE YOUR CHILD'S NUTRITIONAL NEEDS!**