



2018-2019 Milk and Lunch Program

The Roch Carrier Elementary School Council would like to take this opportunity to welcome back all returning families, students and teachers and to extend a very warm welcome to our newest members.

As our main fundraiser, the Milk and Lunch Programs generate funds that allow Council to give back to the school through investments in technology, library books, playground 'greening' initiatives and additional classroom learning opportunities. We thank you for your continued support!

The Menu

For the 2018-2019 School Year, the following choices are offered for Roch Carrier Students: (Please note that the following products are offered only during the 2nd nutritional break which begins at approximately 1:10.)

MONDAY: *Subway*

Students have a variety of choices for delicious subs:

- 4" or 6" sub
- White or 9 grain wheat bread
- Turkey, ham, roast beef or veggie sub
- Options: Cheese, lettuce, tomatoes, cucumbers, mustard, and/or mayonnaise
- **Cost: \$3.50 or \$4.75**

TUESDAYS AND FRIDAYS: *Lunch Lady*

The Lunch Lady will be supplying hot, healthy, nut-free options.

- Every few months a new menu will be sent home from the school with the most current options.
- To receive orders from the Lunch Lady on Tuesdays and Fridays, ordering must be done online at www.thelunchlady.ca (and therefore not through Parent Council Online website).
- If for any reason online ordering is not an option for you, please contact The Lunch Lady to make other arrangements.

WEDNESDAY: *Domino's Pizza*

Domino's Pizza provides ROCH students with slices of pizza:

- All pizza provided for ROCH students is unique compared to what is normally served to the public. The pizzas will meet nutritional guidelines, be lower in sodium and fat, and be served on a whole grain crust.
- Pepperoni or Cheese
- **Cost: \$2.25/slice**

DAILY OR ONLY WEDNESDAYS: *MILK*

This is an easy way to give kids an additional serving of dairy.

- Both white and chocolate milk are available.
- Milk will be available to order DAILY, or if your student(s) would like to only have milk with their pizza (or food) on WEDNESDAYS, they have the option of ordering it for only that day.
- **Cost: \$0.75/carton (250ml)**

THURSDAY: *Pita Pit*

Students can choose from several options when it comes to their pita:

- Chicken, halal chicken, chicken souvlaki, turkey, ham or garden pita
 - Toppings: Iceberg lettuce, mushrooms, tomatoes, cucumbers, green peppers, cheddar cheese, special sauce, and/or light mayonnaise
 - **Cost: \$4.75/pita**
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To Order Subway, Pizza, Milk and Pita Pit

Dates to Remember

There will be 3 food terms for the 2018-2019 school year. For the convenience of parents, you can choose to either submit orders for the full school year or term-by-term. However, if ordering term-by-term please note the following dates in your calendars so you don't miss the deadlines. Late orders will not be accepted. These terms only apply to Subway, Pizza, Milk and Pita Pit orders.

	Ordering Deadline	Lunch Term Begins	Lunch Term Ends
First Term	September 17 th , 2018	September 24 th , 2018	December 7 th , 2018
Second Term	December 3 rd , 2018	December 10 th , 2018	March 29 th , 2019
Third Term	March 25 th , 2019	April 1 st , 2019	June 27 th , 2019

Ordering

We are continuing with our online ordering system for the 2018-2019 school year. A family must register at www.roch.parentcouncil.net before ordering. Please note that all accounts were purged at the end of the school year so all families will need to register again. Once you have registered, you can then order. (Again, ordering from the Lunch Lady is done instead through www.thelunchlady.ca). Registration can begin on September 10th and those wishing to place an order for the 1st term must do so by September 17th. No later orders will be accepted.

To register:

Step 1	Go to www.roch.parentcouncil.net then click on the REGISTER tab. This will take you to the registration form to create an account for your family. Each family will have one account and each student at the school will be linked to this account.
Step 2	Complete registration information. The access code is RCES (case sensitive). Full instructions are available for viewing under the HELP tab, Parental Instruction Guide.
Step 3	Once registration is complete, login and choose the STUDENTS button to register your child(ren). The "Student Administration" screen will allow you to specify your child's name and select which class he or she is in.

Step 4	Once your students have been added to the system you can immediately place lunch orders for each student. Choose “Manage Orders” and fill out the selection and quantity for each menu you wish to participate in (note that orders must be entered for each individual child).
Step 5	Print a copy of the order form(s) and remittance form(s) for each child for your records.
Step 6	<p>Payment can either be made by cheque or through PayPal.</p> <ul style="list-style-type: none"> - Cheque Payment – Please make the cheque payable to Roch Carrier School Council and submit it to the school along with a printed copy of the remittance form(s). - PayPal – Use your existing PayPal account or set one up. It’s easy, quick and safe.

Please note that paper order forms are no longer be available. If you are unable to access the electronic ordering system, please send a note to the Food Programs Coordinator via the school office with your contact information. Ordering deadlines must still be respected.

Don't forget to also register for regular updates (including reminders for ordering for the new term) from your school council at www.rohcouncil.ca.

Payments

Payments can be made online using Paypal, or by cheque (payable to Roch Carrier School Council) sent to the classroom in full or you can choose to send in post-dated cheques for all terms if you wish to eliminate the possibility of missed deadlines. Please date the cheques with the respective terms' ordering deadline date as per above.

Late Orders Please note that late orders will not be accepted.

Absent on Lunch Delivery Day

On the lunch delivery day, if your child is not at school for

- A FIELD TRIP OR SCHOOL TEAM EVENT, your student’s lunch will be set aside in the servery for pick when the class or team returns to the school.
- ANY OTHER REASON, you can drop by the office after 1:15 to pick up the ordered meal(s). Please notify the office by NOON that you would like to have your student’s lunch set aside and provide the student’s name, teacher’s name, grade, and lunch order (if pizza, please provide the number of slices, and if it is pepperoni or cheese.) There are no “make-up” lunches for snow days on a lunch day.

Volunteers

Our milk and lunch programs are run by volunteers. If you are able to help at all, be it every day, one day a week or even one day during the year, we would love to have you. Normal commitments involve only coming in 1/week from approximately 12:30-1:30. Please indicate your willingness and availability to help by contacting the Lunch Program Coordinator at lunches@rohcouncil.ca. Thanks!

**Thank-you again for your continued and generous support
of Roch Carrier School Council’s fund raising programs!**