

The federal program which provided hot lunch free to all students has ended.

Lunch prices for the coming year are set at \$3.00 for lunch and \$2.35 for breakfast.

Please access the application for free/reduced lunch at the link below! This link also allows you to set up a hot lunch account:

<https://westottawa.familyportal.cloud/>



# October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <i>B this week: Turkey Hotdog</i> (1)	3 <i>Donut Stick</i> <i>A: Pancake, Sausage</i>	4 <i>Cinnamon Roll</i> <i>A: Beef Fiestada</i>	5 <i>Pancake</i> <i>A: Pizza Cruncher</i>	6 <i>Warm Frudel</i> <i>A: Waffle Burger</i>	7 <i>Muffin/Cheese</i> <i>A: Personal Pizza</i>	8
9 <i>B this week: Hamburger</i> (2)	10 <i>Cereal Bar/Cheese</i> <i>A: Chicken Sandwich</i>	11 <i>French Toast</i> <i>A: Crazy Nachoes</i>	12 <i>Pancake Wraps</i> <i>A: Chicken Drumstick M. Potatoes</i>	13 <i>Breakfast Pizza</i> <i>A: Mini-waffles, sausage/hashbrown</i>	14 <i>Nutrigrain Bar</i> <i>A: Mini boneless wings, fries</i>	15
16 <i>B this week: Bosco Stick</i> (3)	17 <i>Ultra Bread</i> <i>A: Bacon Cheese-burger</i>	18 <i>Mini Waffles</i> <i>A: Taco Stick, refried beans</i>	19 <i>Grape/Choc Cresents</i> <i>A: Brkfst sandwich</i>	20 <i>French Toast</i> <i>A: Chicken waffles</i>	21 <i>Donut sticks</i> <i>A: Pizza</i>	22
23 <i>B this week: Grilled Cheese</i> (4)	24 <i>Pop Tart/Cheese</i> <i>A: Cheesy breadsticks</i>	25 <i>Frudel</i> <i>A: Chicken &amp; cheese quesadilla</i>	26 <i>Breakfast Taco Stick</i> <i>A: French toast, sausage, hashbrowns</i>	27 <i>Pancakes</i> <i>A: Beef &amp; Cheese Nachoes &amp; Blk Bns</i>	28 <i>Muffin &amp; Cheese</i> <i>A: Calzone</i>	29
30 <i>B this week: Pizza Cruncher</i> (5)	31 <i>Graham Sticks, yogurt</i> <i>A: Mac and Cheese</i>					