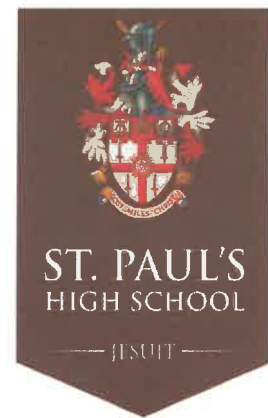


Educating Men for Others



August 23, 2023

Dear Parents and Students,

Welcome to the 2023–2024 school year at St. Paul's High School! I hope you have enjoyed summer and are looking forward to being back in school, connecting with friends and teachers, and embarking on a year of learning and community.

Please read all the various enclosures in this mailing and reflect on how we can walk together to serve our school mission of forming men of faith and service: *Men for Others*. The enclosure titled **“2023–2024 School Year Information”** contains details to help students and parents navigate the first weeks of school. This document includes information about opening week, dress code, school supplies, bell schedules, school calendars, school communications, and more.

All the general documents included in this welcome package, along with any other referenced documents, are available on the St. Paul's High School news blog at sphsnews.weebly.com. In addition, the school publishes news each Friday during the school year with event details and reminders, and news from the Parent Guild, Advancement Office, Student Council, and Maroon & White. The first online news post of the upcoming school year will be published on August 25th. Significant efforts are made to ensure information available on the school's news blog is complete and timely. Please let us know if you are ever unable to find the information you are looking for and we will assist you in getting the information you need and update the news blog accordingly.

I would like to draw your attention to the details of our annual Homecoming football game which will occur on Friday, September 15th at 6:00 p.m. I encourage you all to come out as it is sure to be a wonderful community event. The Varsity Crusader Football team will play against the Sturgeon Heights Huskies and there will be great food, drink, and music. This is a family friendly event and admission is free.

I hope you enjoy the last of summer break before we start anew and look forward to seeing you all soon!

God bless,

A handwritten signature in black ink that reads 'B. Lewin'. The signature is written in a cursive, flowing style.

Bob Lewin, Principal

2023–2024 School Year Information

OPENING WEEK OF SCHOOL

TUESDAY, 5 September: Admin Day - NO SCHOOL

WEDNESDAY, 6 September: Grade 10, 11, & 12 Assemblies and Textbook Distribution

- Grade 10: Assembly at 8:30AM, Textbook Distribution: 9:00AM–10:15AM
- Grade 11: Assembly at 11:00AM, Textbook Distribution, 11:30AM–12:45PM
- Grade 12: Assembly at 1:30PM, Textbook Distribution, 2:00PM–3:15PM
- Dress Code: Casual
- Reminder: All students should bring a book bag and pen.

THURSDAY, 7 September: Grade 9 Orientation Day

- Grade 9: 8:30AM–3:15PM
- Dress Code: Casual

FRIDAY, 8 September: Regular Classes for All Students

- Schedule I: 8:30AM Start
 - School Day: A
 - Dress Code II (Warm Weather Dress Code)
-

ST. PAUL'S DRESS CODE

Dress Code I: Regular Dress Code

- Effective: November 1–April 30
- Dress shirt with collar and tie
- Dress pants, socks, and dress belt
- Sport-coat, blazer, or suit-jacket
- Dress shoes

Dress Code II (Warm Weather Dress Code)

- Effective: September 8–October 31 and May 1–June 28
- Dress Code I with the following optional changes.
 - Option A: no suit-jacket
 - Option B: St. Paul's polo may be worn in lieu of a shirt, tie, and suit-jacket.
 - Option C: St. Paul's polo worn with dress (chino) shorts (beige, navy, or black), and dress belt. Dress shoes are replaced with athletic (gym) shoes for this option.

Note: A St. Paul's branded, non-hooded sweater may be worn in lieu of a St. Paul's polo.

Physical Education Dress Code

- St. Paul's High School branded t-shirt and shorts
- Gym shoes (both indoor & outdoor (no cleats) and socks (worn only for gym class))

2023–2024 School Year Information

Dress Code Shopping Tips

Below is a suggested shopping list of dress code items available at the Crusader Shoppe.

- St. Paul's Polo Shirts (2–3 shirts)
- St. Paul's Sweater, non-hooded (1 sweater)
- St. Paul's T-shirt for Physical Education Class (1–2 shirts)
- St. Paul's Shorts for Physical Education Class (1–2 pairs)

Crusader Shoppe

Online shopping is available at <https://store.stpauls.mb.ca/>. Please wait to receive an email notification confirming your order is ready to pick up before coming to the school. Online orders may be picked up at the Front Office prior to the start of school. Once regular classes resume, the Shoppe will be open daily at lunch

In addition, the Shoppe will be open from 12:00PM–4:00PM on September 7th (Grade 9 Orientation), 5:30PM–8:30PM on September 14th (Grade 9 Parent Orientation), and during Homecoming on September 15th.

Clothing Items Available from Other Stores

- Dress Shorts (1–2 pairs in beige, black, or navy)
- Dress Shirts with Collar (2–3 shirts)
- Dress Ties (1–2)
- Undershirts (several)
- Dress Pants (2–3 pairs)
- Leather Belt (1)
- Socks (several pairs of dress and athletic socks)
- Dress Shoes (1 pair)
- Athletic Shoes (1 pair for indoors and 1 pair for outdoors)

SCHOOL SUPPLIES

Students are expected to have standard school supplies including a 3-inch binder to hold course notes, loose-leaf paper, dividers, pens, and pencils, as well as a standard scientific calculator with DAL (Direct Algebraic Logic); teachers may be explaining other requirements to students on the opening days of classes.

Laptop Computers

Students are encouraged to purchase a laptop/ tablet for use at school. St. Paul's provides wi-fi access and a Microsoft 365 account to all students to support their learning. Microsoft Teams will continue to be our school's platform for the delivery of course materials and assessments throughout the school year.

2023–2024 School Year Information

Visual Arts Supplies

Students enrolled in Visual Arts must purchase an art kit from the Crusader Shoppe for \$63.50 plus taxes. Art kits purchased online will be delivered to students in class.

ST. PAUL'S HIGH SCHOOL STUDENT HANDBOOK

The St. Paul's High School Student Handbook has been updated for the 2023–2024 school year. The Student Handbook will no longer be printed and distributed to students in an agenda book. Instead, the Handbook will be made available to students in electronic format. The e-Handbook contains clickable links in the Table of Contents for easy navigation. Students wanting to use a paper agenda book will be responsible for purchasing their own planner. The Student Handbook is available at sphsnews.weebly.com

BELL SCHEDULES

We use a variety of schedules throughout the school year for different school events. Schedule I is our regular daily bell schedule and is in effect unless otherwise indicated on the school calendar. The Bell Schedules are available at sphsnews.weebly.com

School Day

Access to the main body of the school is available from 7:30AM. The school closes at 5:00PM, except for supervised activities. While students are permitted in the building during these extended hours (7:30AM–8:25AM and 3:15PM–5:00PM), direct supervision is not provided. The school day begins at 8:25AM with a warning bell for period 1 and ends at 3:15PM. On regular school days, period 1 begins at 8:30AM and there is a 50 minute lunch break.

Cafeteria Food Services

Food services are available at Gene's Place, the St. Paul's High School Cafeteria. A menu and price-list is included in this welcome package. Pre-paid meal cards are available for purchase.

SCHOOL CALENDARS

The St. Paul's High School student/parent calendar is available to view online and can be synchronized with most computer calendar applications. View the following link to access the school's online calendar. Changes to the school calendar will automatically update. In addition, a year-at-glance calendar is available at sphsnews.weebly.com

St. Paul's High School Calendar Link: <https://bit.ly/3SlxGB1>

2023–2024 School Year Information

SCHOOL COMMUNICATION

Communication is a vital part of building trust and the quality of relationships necessary to form the kind of learning community we strive to build at St. Paul's. One of the most vital communication links is the one between home and school. That is, with what is best for your son in mind, it is important there is open and honest dialogue between home and school.

Parents wishing to speak with a staff member should call the school's main phone line, 204-831-2300, and follow the recorded instructions to leave a message. Staff members' email addresses are accessible via the PowerSchool Portal. In general, parents can expect a reply within 24 hours of making an enquiry. If after several tries you have not received a reply to a message please feel free to contact the Principal.

School Contacts

- **School Absences:** <https://go.schoolmessenger.com/> or 1-833-566-1229
- **General Enquiries:** Ms. Vivienne Horne, contact-us@stpauls.mb.ca, 204-831-2300
- **Teachers:** for information about your son's progress in specific courses.
- **Counsellors:** General concerns about your son's progress.
- **Vice Principal Academics (VPA), Mr. Kevin Sterner:** Academic program, procedures and policies. ksterner@stpauls.mb.ca, 204-831-2321
- **Vice Principal Students (VPS), Mr. Jeff Laping '89:** Attendance and/or discipline. jlaping@stpauls.mb.ca, 204-831-2309
- **Principal, Mr. Bob Lewin:** if your concerns have not been addressed by the primary contact. blewin@stpauls.mb.ca, 204-831-2305
- **Executive Assistant to the Principal, Ms. Catherine Bernardin:** if you are experiencing problems with school mailings, report cards, or require an academic transcript. cbernardin@stpauls.mb.ca, 204-831-2316

POWERSCHOOL PORTAL

The PowerSchool Portal allows parents/guardians/students to view their son's attendance records, current grades, and details of past and future assessments. The Portal is available throughout the school year except the days leading up to Progress Reports in November and April and during the two exam periods in January and June. We encourage parents/guardians/students to use the Portal as a tool to monitor progress, set goals, and stay on top of deadlines.

The Portal is viewable using any web browser on a desktop/laptop computer or mobile device. PowerSchool has an App, PowerSchool Mobile, to access the Portal on mobile devices.

2023–2024 School Year Information

After downloading the App on your mobile device, you will need to enter the **District Code: PBXQ** to access the Portal for St. Paul's High School.

Returning parents already have active PowerSchool accounts. If you have a new student this school year, he has already been added to your existing PowerSchool account. Please contact Kevin Sterner if you require assistance accessing your account.

PowerSchool account information for new parents is included in this welcome package.

SCHOOL ATTENDANCE

Daily school attendance is critical to student success and formation. In addition to attending regular classes, participating in school liturgies, assemblies, retreats, and school activity days are compulsory for all students. The school expects all students to attend these events as they are integral to our school's mission and building community at St. Paul's. Please avoid scheduling appointments or excusing your sons' absence from these events. Where possible, days with late starts for students and no school days should be used for appointments or activities that would otherwise result in school absences. The school strongly discourages planning family trips or other activities that result in multiple-day absences while school is in session.

Please refer to the parent letter dated June 23, 2023 for key dates for the 2023–2024 school year. This information is also available at sphsnews.weebly.com

Reporting Student Absences

Please use SchoolMessenger or call 1-833-566-1229 to report student absences and other times when your son may need to leave during the school day. SchoolMessenger allows parents to enter departure and return times or to report full day absences. Call the school's general line, 204-831-2300, if SchoolMessenger or the phone number above are not working.

Onboarding instructions for new parents are included in this welcome package.

Detailed instructions for using SchoolMessenger is available at sphsnews.weebly.com

Student Appointments

When appointments during the school day cannot be avoided, students are to report to the Reception Desk just prior to leaving for an appointment and they are to report back at Reception if/when they return to school that day. The school will not interrupt classes in session to call a student out for an appointment except in the case of a serious emergency. Otherwise, the student will be called to the Reception Desk at the next class break. This policy is in place to maintain a positive learning environment free from disruptions.

2023–2024 School Year Information

Planned Absence Requests

Requests for planned absences of three or more school days are made to the VPS using a Planned Absence Form. Planned Absence forms are available at the front desk, or the office of the VPS. Students are expected to write exams at the end of each semester as scheduled. Therefore, planned absences during exams should be avoided except in cases of emergencies.

Planned Absence procedures are available in the Student Handbook.

ST. PAUL'S COMMUNITY WEBSITE

As part of our continuous efforts to enhance the user experience and improve communication, we will be retiring the Community functionality and upgrading our school website to better serve our students, faculty, parents and wider community.

We anticipate the new website will be fully operational soon. Detailed instructions and support materials will be provided to students and parents to guide you through the new system and help you make the most of this new upgrade.

COURSE CHANGES

Student timetables are included in this welcome package. Course changes will be available during the opening days of school. Students may request Semester 1 course changes through their counsellors until Monday, 25 September. The course change deadline for Semester 2 courses is Thursday, 15 February.

Course Change Procedure

- Students are required to meet with their counsellor to discuss possible course changes. Students are welcome to discuss available courses with the VPA prior to meeting with their counsellor.
 - With their counsellor's help, students will complete a Course Change Request Form. Students will have to obtain permission for the course change either by having the form signed by their parents or by having the counsellor confirm the change with a parent over the phone.
 - The completed form must then be submitted to the counsellor. Upon receiving a course change request, the VPA will either approve the request and arrange for a new timetable, or if the request is not approved, return the form to the student's counsellor. Approval is usually a factor of space availability in the desired course or compatibility with the other courses in a student's academic program.
 - If a course change request is approved the student can view his revised timetable through the PowerSchool Mobile App. Additionally, students may request a printed timetable in the VPA office.
-

2023–2024 School Year Information

TRANSPORTATION AND PARKING

Dropping Off / Picking Up Students

Students are to be dropped off or picked up at either the Student Parking Lot located off Bower Boulevard or the MultiPlex Parking Lot located off Holland Boulevard.

In both cases, please enter the parking lot and then loop through the entire lot one way to ensure the orderly flow of traffic and reduce the risk of an accident. Please do not stop in the middle of the lane, but instead, pull forward as much as possible, stop briefly to allow your son to exit your vehicle, and then exit safely.

Exiting Parking Lots

When exiting either parking lot, please remember it is a right turn only. The Winnipeg Police Service will ticket drivers who turn left in violation of the right turn only signage.

Students may be dropped off on Laidlaw Blvd. and then walk across Grant at the crosswalk. Please remind your son to be careful using the crosswalk.

Parking Expectations

- Do not drop-off and pick-up on Holland Boulevard.
- Do not drive into the Faculty parking area located off Holland Blvd.
- Do not drive into the front entrance parking loop off of Grant unless you (parent) are coming in to the school.

We have determined that it is unsafe for students to be dropped off in the above areas of the school property. Our community neighbours living on Stanford Bay and on Laidlaw Blvd. have requested that individuals drive carefully and not drive into or block driveways.

Please also note that the south drive running west to east behind the main school building is a ONE WAY drive starting from Bower Boulevard heading east toward Holland Boulevard until it reaches the area just past the Multiplex and Angus Reid Wing. The only exception allowed is for staff who park behind the building who are traveling in either direction prior to 9:00AM.

Parking Passes

Students driving to school and parking on campus will require a parking pass. Student parking is limited to the Student Lot or the MultiPlex Lot, as designated by the Vice Principal Students (VPS). Parking tags must be displayed whenever the vehicle is parked on school property. Unregistered vehicles are subject to being fined or towed. The parking pass form is available at sphsnews.weebly.com. Contact Jeff Laping for more details.

2023–2024 School Year Information

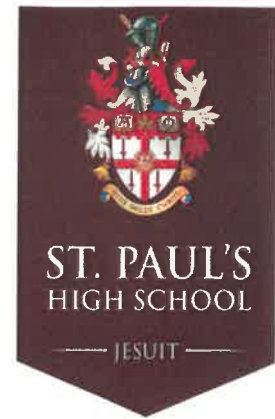
Bicycles

Students using bicycles must lock them in the racks adjacent to the Student/MultiPlex parking lots. We advise that students use chains to secure their bicycles and not insulated wire locks that can be cut. Please remember bicycles are not allowed in the school. Violators' bicycles may be impounded by the VPS.

GRADE 9 PARENT ORIENTATION: THURSDAY, 14 SEPTEMBER, 6–8PM

Parents of Grade 9 Students should attend. This is a great opportunity to meet your son's first semester teachers, meet other new parents, and learn how you can support your son in his education at St. Paul's. Further details to come.

Educating Men for Others



August 21, 2023

Save the Date: The Grade 10 Retreat, February 23, 2024

Dear Parent(s)/Guardian(s):

On Friday, February 23, 2024, our Campus Ministry team will host *The Grade 10 Retreat* for all of our Grade 10 students. While many details are yet to be determined, we recognize that your calendars rapidly fill up with appointments; hence, this save-the-date letter.

The morning of the retreat will consist of prayers, talks, group discussions and other activities. The afternoon of the retreat, beginning with lunch at noon, is dedicated to time between father and son.

Some families appreciate this advance notice so that they are able to make arrangements to make this possible. In the absence of a father, we ask you to plan so that a father-figure, or an admired male role model, can spend time with the retreatant. For context, there is an event on our students' Grade Twelfth year dedicated to mothers and sons.

The Grade 10 Retreat is a mandatory event for all Grade 10 students and is integral to your son's experience at St. Paul's High School. It builds on the themes of *The Freshmen Retreat* and sets the foundation for other key experiences, such as the *Kairos* retreat. We count on your family's support and participation to ensure its success.

Further details will be sent in January 2024.

On behalf of the entire St. Paul's High School community, please accept our gratitude for your support of the Grade 10 Retreat. May it make a positive impact on your son's process of growth – in faith, hope, love, and his call to be a *Man for and with Others*.

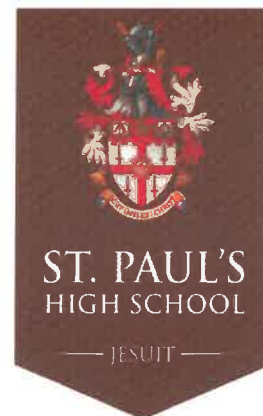
Sincerely,

A handwritten signature in black ink, appearing to read 'Christian Martinez', with a stylized flourish at the end.

Mr. Christian Martinez
Campus Minister

Your Journey Starts Here

August 23, 2023



Dear Parents,

A warm welcome to a new school year from the St. Paul's High School Advancement Team!

The Advancement Department supports the community of St. Paul's High School by raising funds for students in need, supporting capital projects and school programs to enhance school life and organizing events to celebrate as a community.

We also highly value the connection we have with our alumni. Alumni Relations provides opportunities for our alumni to stay connected with each other and their alma mater by organizing events such as class reunions, chapter reunions across Canada, the Maroon and White Golf Tournament, Homecoming and an Alumni Speaker Series. The SPSHS Alumni Association prioritizes providing opportunities for our alumni to gather and be of service to those in need in the greater community.

We invite you to join our school community in supporting the following events and initiatives:

Crusader Cash Raffle – October – November 2023

ONLINE FORMAT

Students are asked to sell \$200 in raffle tickets to support our Bursary Fund and Grad Fund. Information will be sent out in early October – we aim for 100% participation from families.

Homecoming - Friday, September 15, 2023

Admission is free and all are welcome to come cheer on the Crusader Varsity Football Team playing "under the lights", as well as enjoy food vendors, beer garden and music. Cru Shoppe will be open!

Ignatian Challenge Award Tribute Dinner - Tuesday, November 7, 2023, RBC Convention Centre

Make a difference in the lives of students at St. Paul's High School and join us in celebrating the example of community leadership provided by this year's honouree, **Mr. Paul Soubry '80**. *Tickets and sponsorship opportunities are available at www.stpauls.mb.ca/events/tribute_dinner.*

St. Paul's High School Fashion Show - Wednesday, April. 17, 2024, Victoria Inn & Convention Centre

Join the Class of 2024 in supporting the Magis Fund. Tickets and sponsorship opportunities will be available on our website in the new year.

Please reach out to me if you have any questions or want to discuss opportunities to support our school community. I can be reached at kimoore@stpauls.mb.ca or 204-831-2325.

I look forward to working with you and wish your son a successful school year.

Warm regards,

Kerri Moore

Head of Advancement and Special Projects

Greetings Parents and Guardians,

As you may know, St. Paul's has a long-standing tradition of organizing an event known as "The Walk". The St. Paul's High School Student Council is pleased to announce the 45th St. Paul's Walk will take place on **Thursday, September 21**. The Walk is an all-day event (from 9:00 am until approximately 2:15 pm) that begins with attendance at St. Paul's, a walk through Assiniboine Park that includes refreshment and activity stations, and entertainment and inflatable games upon their return back to St. Paul's. Students will have the option of purchasing food from the St. Paul's cafeteria, food trucks or bringing their lunch from home. The event will also include students in Grades 9-12 from St. Mary's Academy and Balmoral Hall School.

To help make this event possible, a **\$12 fee** will be required from all students. The fee will cover the cost of refreshments along the walk route (candy, ice cream, etc.) as well as the entertainment and activities throughout the day. In early September you will receive a link to Permission Click, which will allow parents to grant permission for their son to participate in The Walk, sign a waiver/acknowledgement of risk form on his behalf, pay for the \$12 Walk participation fee and order a Walk Sweatshirt for their son (sweatshirt is an optional purchase). Payment for the participation fee and optional sweatshirt can be made on this website, but please note that Permission Click does charge a 7-10% fee for processing all online payments. If you prefer to pay offline, please send your son with cash or cheque, payable to St. Paul's High School. Payment can be dropped off in classroom 127 during the lunch hour, beginning on **September 8th**. Please note that the Permission Click form must be completed and payment received by **3:15 pm on Friday, September 15**.

The Student Council will also be collecting pledges in support of youth mental health resources. A pledge form and link will be included in the September update. Students who collect \$100 or more in pledges will receive a Walk Sweatshirt free of charge. We ask that all completed pledge forms also be brought into your son's core group teacher no later than **Friday, September 15th**.

Attendance is mandatory as this is a school event and a key aspect in building a positive school community. Relaxed dress code will be in effect for the day. Please remember to dress appropriately for the weather. If you have any questions, please contact Ms. Keana Rellinger at krellinger@stpauls.mb.ca.

Yours in Spirit,

St. Paul's 2023-2024 Student Council

PARENT GUILD

2023 - 2024



Welcome back to a new school year! As a parent of the SPHS community, you have the opportunity to become involved in the school during the day, in the evenings, or from the comfort of your home. The Parent Guild works to enrich the school events, volunteer in the Crusader Shoppe, and step in wherever the need may arise.

The ongoing participation of parents is key to our volunteer program, and the success of the school's enriching activities and events. To help you decide where you may wish to lend a hand next year, please consult the SPHS Parent Guidebook, describing the ongoing activities and hospitality events. The SPHS Parent Guild is unlike a Parent Council wherein we operate under a school budget, therefore, we do not fundraise for any of the events that we assist with.

SCAN HERE TO VIEW THE PARENT GUIDEBOOK:



SCAN HERE TO SIGN UP TO VOLUNTEER:



2023/2024 PARENT GUILD EXECUTIVES:

ANGIE WIEBE: PRESIDENT

MICHELLE QUEAU: VICE-PRESIDENT/TREASURER

KELLY MORGANTI: SECRETARY

GILLIAN HAUSER: VOLUNTEER OFFICER

KIMBERLEY BOUGHTON: COMMUNICATIONS OFFICER

VISIT OUR WEBSITE:

<https://www.stpauls.mb.ca/Parents/>

PLEASE DO NOT HESITATE TO REACH OUT TO US AT:

parentguild@stpauls.mb.ca

THANKS FOR YOUR CONSIDERATION;

WE LOOK FORWARD TO SEEING YOU AT THE 2023-24 EVENTS!



CAR POOL

St. Paul's High School is compiling a list of students interested in car pooling for the 2023-24 school year. The list will be categorized according to postal code to enable you to see if there is someone living in your area who is also interested in car pooling. This information will be available to parents and students at the Front Office and may be checked anytime during school hours throughout the school year. Should your plans change, you may add or remove your name accordingly.

If you have any questions, please contact Ms. Vivienne Horne via email at vhorne@stpauls.mb.ca.

My son is interested in participating in a car pool for the 2023-2024 school year:

Please Print

Student Name: _____

Address: _____

Postal Code: _____ Grade: _____

Parent Name: _____

Phone Number Day: _____ Evening: _____

E-mail: _____

Comment: _____

If you wish to sign up for car pooling, please fill out this form and return it to the Front Desk of the school no later than **Friday, September 22nd, 2023.**

GENE'S PLACE

ST. PAUL'S HIGH SCHOOL CAFETERIA

PRICE LIST SEPTEMBER 2023-
ALL PRICES INCLUDE TAX

BREAKFAST MENU

Full Breakfast- \$7.00

2 eggs, bacon or sausage, hash browns + toast

Cru Breakfast- \$8.25

3 pancakes, 2 eggs, bacon or sausage, hash browns + toast

Breakfast Wrap- \$7.50

2 eggs, bacon, hashbrowns, cheddar cheese, and chipotle sauce in a tortilla shell, grilled

Omelette (3 eggs)- \$7.75

Bacon or cheese

French Toast Cinnamon Bun- \$7.75

French Toast with bacon- \$7.00

Breakfast Bun- \$4.25

Egg, bacon, and cheese

Breakfast Bun Special- \$7.50

2 Breakfast Buns

LUNCH SPECIALS- \$8.75

(ONE SPECIAL PER DAY)

THE FOLLOWING LUNCH SPECIALS ARE SERVED WITH YOUR CHOICE OF SALAD OR FRIES:

Chicken Burger	Chicken Quesadilla
Clubhouse Wrap	Crispy Chicken Caesar Wrap
Deluxe Cheeseburger	Deluxe Cheese Dog
Gyros	Pulled Pork on a Bun
Soft Taco	Chicken Pita

THE FOLLOWING LUNCH SPECIALS ARE SERVED AS LISTED:

- Butter Chicken on rice with naan bread
- Chicken Alfredo with Pasta served with garlic toast
- Chicken Stir Fry served with rice
- Hot Turkey Sandwiches with roasted potatoes + gravy
- Hot Roast Beef Sandwiches served with mashed potatoes + gravy
- Lasagna served with salad + garlic toast
- Spaghetti with meatballs served with garlic toast
- Roasted Chicken served with potatoes and mixed veggies

LUNCH MENU

Sandwiches:

Grilled Cheese- \$4.00

Grilled Cheese with bacon- \$5.00

Tuna, Egg, Chicken Salad- \$6.00

Soup (Made Fresh Daily) - \$3.50

Beef Barley

Cheese Broccoli

Chicken Noodle

Cream of Cauliflower

Cream of Mushroom

Potato Leek

Lemon Rice

Minestrone

French Fries:

Small- \$4.75

Large- \$5.75

French Fries with Gravy:

Small- \$5.75

Large- \$6.75

Poutine:

Small- \$6.75

Large- \$7.75

Garlic Bread- \$3.00

2 slices

Greek Salad (Made Fresh Daily)- \$6.75

Add grilled chicken breast - \$3.00

Baked Goods (Made Fresh Daily) - \$1.00 - \$5.00

Apple Jacks

Brownies

Cinnamon Buns

Cookies

Danish

Donuts

Muffins

Puff Wheat Squares

Rice Krispy Squares

PRE-PAID MEAL CARDS

PRICES INCLUDE TAX

5 Breakfasts (no drink)- \$32.00

5 Breakfasts (includes 473 ml milk)- \$45.00

5 Lunch Specials (no drink)- \$41.00

5 Lunch Specials (includes a can drink)- \$49.00

5 Lunch Specials (includes 473 ml milk)- \$54.00

Pre-Paid Meal Cards may be purchased in the cafeteria. Please make cheques payable to:

Tom Papaioannou

*Please note that pre-paid meal cards must be used in the same school year of purchase.