# MEADOWRIDGE SCHOOL

## **ALL SCHOOL LUNCH DAYS ANNOUNCED**

We enjoyed three all-school lunches last year, days where everyone—both students and staff—could enjoyed a meal together. Eating together creates a greater sense of community and allows for open—mindedness and care. Sharing a meal aligns with our Mission of "learning to live well, with others and for others, in a just community." Sharing meals is important, and it's why our campus masterplan includes creating a dining hall large enough to feed everyone, every day at the same time as part of the daily school routine.

After the success of last year's all school lunch days, we've decided to host another three this school year. Mark your calendars for the following three days:

Wednesday, December 11, 2019 Wednesday, March 4, 2020 Wednesday, April 22, 2020

During our all school lunch days, we'll be providing lunch for everyone! There will be choice of a hot entrée (vegetarian options are always available), soup, salad, items from the grill, and fountain drinks. On all school lunch days, pizza, transit fare, and baked goods will not be available for purchase at lunch hour; they will be available for purchase before or after lunch, however.

**What do you need to know?** On all school lunch days, everyone will come to the cafeteria (students in Kindergarten through Grade 3 will have their meals delivered to their class) as part of their regular lunch period, but the difference will be that everyone will be provided a lunch, so no need to buy or bring your lunch!

SAGE is aware of all food allergies reported to the school. If there have been recent changes in your child's food allergies, please contact the school as soon as possible.

## ... and now, here's the delicious meal you can look forward to on December 11!

#### SOUP

Granny Smith & Butternut Squash Soup House-Roasted Turkey & Brown Rice Soup

### **ENTRÉES & SIDES**

Beef and Macaroni Creamy Baked Mac & Cheese Steamed Broccoli Classic Succotash

#### **SANDWHICHES & SALADS**

Classic Meatball Sub

California Grilled Veggie Sandwich on Sourdough

Garden Salad with Iceberg and Romaine

Brown Rice, Coconut, & Cranberry Salad Corn & Black bean Salad Garlic Bread Sticks

## **FRESH FRUIT**

Apples Bananas Oranges

Our goal is that everyone enjoys a delicious and nutritious meal together. As Virginia Woolf once wrote "One cannot think well, love well, sleep well, if one has not dined well."

Should you have any questions about the dining program, please contact Kyle Turnbull at sage@meadowridge.bc.ca. Should you have any questions about this all school lunch opportunity, please contact Julie Bournival at julie.bournival@meadowridge.bc.ca.

**Meadowridge School** 

12224 240th Street Maple Ridge, BC Canada V4R 1N1

t 604.467.4444 f 604.467.4989 w www.meadowridge.bc.ca

International Baccalaureate Continuum World School PYP | MYP | DP

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VIRGINIA WOOLF