



**Laronde Elementary PAC
Hot Lunch 2012-2013
Program Details**

The Laronde PAC website, www.larondepac.ca is now available for parents to order hot lunch for Term 2.

Hot lunch is the biggest PAC fundraiser every year and it's very easy for parents to participate. You can do everything - register your children, order their hot lunches, and pay with PayPal online. You may still write a cheque if you prefer - just make sure to fill out and print the cheque register online and submit it to the school office with your payment. If you don't have access to a computer or don't feel comfortable submitting your order online please print out a paper copy of the order and return it to the school office. There will be a \$5 charge for the processing of any paper orders.

The first hot lunch date for Term 2 is February 14 and the deadline to order for that lunch is **11 pm on Monday February 4, 2014**. The system is easy to navigate but if you have any problems as you go through it please email Andrea Granter at granterhouse@gmail.com. **If you have already created an account on the system for the first term, log on to your account at www.larondepac.ca and skip to Step 5.**

Step 1 Log onto www.larondepac.ca. On the upper right hand side there is a tab marked Register - click on this tab.

Step 2 For the School System Code enter LAR2013 (case sensitive - no spaces) then enter your information (parent info) and create a password (can be any combination of numbers and/or letters - minimum 2 characters) for the system. When complete click Register Now. You will automatically be redirected back to the home page. Log in using your user name (your email) and your password that you have just created.

Step 3 After you have logged in you will need to register your children. Click on the Students button on the bottom left then click on Add a Student. Enter your child's first and last name and use the drop down menu to choose their class/division. After you have entered their information click the Add New Student button. If you do not wish to be included on the online class list (that only registered and verified members of your class will be able to access) please click on the No button.

Step 4 If you have more than one student please click the Add a Student Button and register any other children before placing any hot lunch orders. If you will not be ordering hot lunch items for your children you can logout of the system at this point. If you would like to order hot lunch proceed to the next step.

Step 5 Click on the order button under the name of each child. Enter the quantity of each item you wish to order for each hot lunch date. The form will automatically total at the bottom.

Step 6 If you are satisfied with your selections click the Update Order button at the bottom of the page.

Step 7 You are almost finished. If you have multiple children please enter all of their orders - you may pay for all family members in one payment (cheque or online using PayPal). When you have entered all your children's orders please choose a payment method. You may pay online with Visa or Mastercard using PayPal by clicking on the PayPal Payment button (a PayPal account is required - you can register for one at www.paypal.com). If you wish to write a cheque, please click on the Remittance Form button and fill out the appropriate information (cheques payable to Laronde PAC). Please print the remittance form and submit it with your cheque to your Classroom teacher (in the case of multiple children please submit it to your oldest child's teacher). Once you have registered you will be receiving a confirmation email detailing the web address, your user id and password. You may wish to print this email out and keep it for future reference. The new online system allows you to view your child's lunch order at any time throughout the term.

Laronde Hot Lunch Menu Summary

Here is a description of the menu items on offer for hot lunch this year. We hope that there is something for everyone and that everyone enjoys Hot Lunch Day at Laronde.

Hot Dogs/Edo Sushi - All sushi served with a package of light soy

- Hot Dogs – all beef wieners served on a white bun
- California Roll – imitation crab, avocado, white rice, cucumber, seaweed, and mayonnaise
- Dynamite Roll – tempura prawn, avocado, cucumber, white rice, seaweed, and mayonnaise
- Cucumber Roll – white rice, cucumber, and seaweed
- Avocado Roll – white rice, avocado, and seaweed

Panago Pizza Days

This term we will continue to have Panago as our Pizza Lunch Supplier. The menu items remain the same with cheese, pepperoni, and ham and pineapple pizza by the slice. The Chicken Caesar is made with romaine lettuce, Parmesan cheese with a package of croutons, low fat Caesar Salad dressing, and includes slices of grilled chicken. Panago will be doing both the salads and the pizza. In order to cut down on waste and to reflect a “greener” school environment the pizza will continue to be delivered in large boxes and the slices will be handed out in the classrooms. The pizza boxes will be collected and recycled.

F.U.E.L Hot Menu Day

- Sliders - 2 mini (2oz) all beef burgers served on soft white buns
- Potato and Cheddar Perogie - 7 delicious perogies served with green onions & non-fat sour cream
- Chicken Mozzarella Melt - 3 Chicken nuggets topped with marinara sauce and mozzarella cheese rolled in a whole wheat tortilla and served hot
- Beef 'n' Bean Burrito - Taco seasoned lean ground beef, carrots, celery, rice, black beans and cheddar cheese, wrapped in a whole wheat tortilla
- Baked Chicken Medallions - 100% white chicken meat in a crispy coating, baked instead of fried

F.U.E.L. Pasta Day

- Classic Mac 'n' Cheese - A mix of whole wheat & white elbow macaroni topped with a cheesy cheddar sauce
- Lucky Lasagne - Yolk free egg noodles topped with meat sauce and mozzarella cheese
- Chicken Alfredo Penne - A mix of whole wheat and white penne noodles topped with a classic alfredo sauce
- Penne Primavera - Mixed whole wheat and white penne noodles with vegetarian marinara sauce
- Baked Chicken Medallions - 100% white chicken meat in a crispy coating, baked instead of fried

Asian Inspiration – We will continue to offer menu items from both Bread Garden and Edo Japan on these days.

- Beef Teriyaki Noodle Bowl – beef teriyaki served with noodles and steamed vegetables
- Asian Chicken Fried Rice – chunks of chicken breast, carrots, celery and peas with basmati rice and a slightly sweet soya and hoisin sauce
- Indian Veggie Palau Rice Bowl – warm basmati rice full of peas, carrots, and corn seasoned with cumin and turmeric without heat
- Chicken Fingers - 3 crispy, crunchy & tasty lightly-breaded chicken fingers
- California Roll – imitation crab, avocado, white rice, cucumber, seaweed, and mayonnaise
- Dynamite Roll – tempura prawn, avocado, cucumber, white rice, seaweed, and mayonnaise
- Cucumber Roll – white rice, cucumber, and seaweed
- Avocado Roll – white rice, avocado, and seaweed

At Laronde we strive to have all of our students participate in all activities. If payment is a problem, please email: hotlunch@larondepac.ca in confidence.