



MAY 2023

Specials from The Lunch Lady

IT'S TIME TO FIESTA!

May marks one of our favourite days - Cinco de Mayo so we decided to focus on a fiesta the whole month long!

NACHO PARTY PLATE



Ole ! Everything we think of when we think fiesta. Crunchy tortillas with fresh cut veggies and a salsa with cheese dip on the side.

POP-UP



Kids love our perogies. Try them with our Fiesta Twist - Tex Mex Style with salsa, cheddar, green onions and of course, sour cream.

Healthy Tip:

Allergy season is upon us which means itchy eyes, coughs and more for those who suffer. Did you know water can help with allergies and asthma?

Children often develop asthma and allergies during a growth stage because they don't have enough water to support cell growth.

If you have a child who suffers from asthma or allergies, water obviously will help. Kids with allergies should drink a glass of water BEFORE eating food. And kids with asthma need to drink more water.

READY TO ORDER?

[Login](#) to see the specials available in your school.

Have questions or need help? Your [local Lunch Lady kitchen](#) will be pleased to provide support.

theLunchLady.ca