



MARCH 2023

Specials from The Lunch Lady

MARCH IS MARVELOUS MAC!

March is one of our favourite months. The worst of the winter is behind us and spring is weeks away. We get to enjoy more sunshine but it's still cold enough to enjoy a hot meal for lunch. That's why we have brought back one of our favourites to warm the tummies of our kids.

SAY CHEESE!



Everything is better with cheese!
Try our Homemade Mac & Cheese
with Cheesy Broccoli.

POP-UP SPECIAL



Grilled Cheese and Turkey
Sandwich a new twist on an old
time favourite.

Healthy Tip:

Choosing to smile everyday can boost your mood and health...so "say cheese"!

Smiling activates pathways in your brain that influence your emotional state – meaning that by simply smiling, you can "trick" your mind into entering a state of happiness. Smiling is contagious. It not only can elevate your mood, but it can also change the moods of others for the better.

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.