



Ashbury College and Brown's 2019-2020 Meal Plan For Day Students



Ashbury has been awarded the City of Ottawa "Eat Smart" certification for healthy, nutritional menus.

Students are issued a student card at the beginning of the school year which provides access to the building and also used to purchase meals and snacks in the cafeteria. Lost cards can be deactivated and a new card can be issued at a cost of \$25.00 each at the School Store. For information on cafeteria purchases and balances, please contact the School Store.

The lunch Meal Plan includes the following prepared food items:

- 1 serving of a hot entrée with side, deli sandwich, or pizza/hot sandwich
- 1 serving of soup
- 1 serving of salad
- 1 serving of dessert or fresh fruit
- Fountain drink (juice, milk or hot chocolate)

The cost of the lunch meal plan for the 2019-2020 academic year is \$1,200 and recommended for students who will be purchasing their lunch on a regular base.

Flex dollars would benefit students who bring their lunch but would like to occasionally purchase food. Flex dollars can be used to buy anything in the cafeteria. All the above as seen under the meal plan, and also the following:

- Pre-packaged salads, sandwiches
- Pre-packaged cheese, yogurt
- Bottled drinks
- Sushi
- Pre-packaged snacks (granola bars, pretzels, popcorn, etc.)

Students can signed up for the Meal Plan, Flex Dollars or both. Meal Plan with Flex benefits students who would like to purchase breakfast and after school snacks, and items during lunch that are not covered by the Meal Plan. The weekly menu can be viewed on the Ashbury website.

Flex Dollars is a pre-established monthly credit limit applied to the student's cafeteria account. The amount used per month is billed to the student's school account at the end of each month.

Please complete the sign-up sheet and return it to the School Store by August 16, 2019, or earlier, if you would like your child to participate in the Meal Plan, Flex Dollars or both.

For inquiries please contact the School Store
Phone (613) 749-9630 ext. 304
Email schoolstore@ashbury.ca

Meal Plan/Flex Dollar Sign-up Sheet 2019-20

Student Name: _____ Grade for 2019-20: _____

Student Name: _____ Grade for 2019-20: _____

(Please print)

MEAL PLAN:

To participate in the lunch meal plan, please indicate by checking and signing below. The full cost of the meal plan (\$1,200) will be charged to your son/daughter's student account on September 30, 2019. You may opt in/out of the Meal Plan any time before September 30, 2019. Partial charges will be applied accordingly.

Yes, please add _____ to the 2019-20 lunch meal plan

Yes, please add _____ to the 2019-20 lunch meal plan

*** Refunds are not available on the Meal Plan for missed lunch days.

Parent's Signature: _____

FLEX DOLLARS:

Flex dollars are set up as credit and is reset at the first of each month. At the end of each month, the amount used will be billed to the student's account and will be on the monthly statement. To participate in the Flex Dollars plan, please indicate your credit limit for the student and sign below.

Four monthly credit limits are available: \$25/month, \$50/month, \$150/month, and unlimited monthly credit.

Yes, please add _____ to the \$_____/month 2019 - 20 flex dollar plan

Yes, please add _____ to the \$_____/month 2019 - 20 flex dollar plan

Parent's Signature: _____