

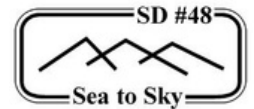
2025 NOVEMBER

SCHOOL MEAL PROGRAM MENU

School: GHE



Squamish CAN
Climate Action Network



November brings crisp air, shorter days, and the last harvests before winter. It is a time to give thanks for the harvest and prepare for the winter season ahead. The land slows down, but there is still plenty to enjoy—hearty root vegetables and squash continue to nourish us, and apples are stored for baking and snacks. Communities come together to share food, stories, and warmth, while families preserve what they can for the colder months.

SUN	MON	TUE	WED	THU	FRI	SAT
02	03	04 Mac & Cheese with Broccoli	05 Tomato Soup & Grilled Cheese	06	07	08 
09 	10 NO SCHOOL Non-Instructional Day	11 NO SCHOOL Remembrance Day	12 Vegetable Noodle Soup & Ham and Cheese Sandwich	13	14	15
16 	17	18 Chicken Salad Wrap & Fruit Salad	19 Potato and Cheddar Soup & Turkey + cheese Sandwich	20	21	22 
23	24	25 Cheesy Alfredo Penne & Broccoli	26 Carrot Soup & Grilled Cheese	27	28	29

EVERY CHILD DESERVES A NOURISHING MEAL

Our School Meal Program ensures students have access to healthy lunches. Government funding helps but we rely on family and community contributions to bridge the gap and keep the program sustainable.

We suggest **\$50 per month (\$500 annually)** per student. **Please contribute what you can**, whether it is more or less than the recommended amount.

Scan the QR code to donate.

All contributions made will support the meal program as a whole. We operate on the principle that everyone is welcome and nobody will be turned away for financial reasons. Contact your school to get added to the waitlist.



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