

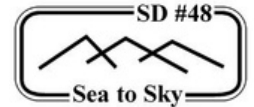
2025 NOVEMBER

SCHOOL MEAL PROGRAM MENU

Schools: BRE, ESQE, MQE, S7S, VCE



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.

Note that there will be NO lunch on PAC fundraiser hot lunch days.

SUN	MON	TUE	WED	THU	FRI	SAT
02	03 Lunch Box: muffin, carrot, cucumber, cheese, yogurt & strawberry	04 Mac & Cheese with Broccoli	05 Tomato Soup & Grilled Cheese	06 Sushi Bowl: tofu, cucumber, edamame, mango, nori	07 Turkey Sausage Roll & Pasta Salad	08 
09 	10 NO SCHOOL Non-Instructional Day	11 NO SCHOOL Remembrance Day	12 Vegetable Noodle Soup & Ham and Cheese Sandwich	13 Chicken, rice and bean burrito & yogurt	14 Teriyaki Noodles with Veggies	15
16 	17 Lunch Box: muffin, carrot, cucumber, cheese, yogurt & strawberry	18 Chicken Salad Wrap & Fruit Salad	19 Potato and Cheddar Soup & Turkey + cheese Sandwich	20 Tomato Sauce with Fusilli Pasta	21 Butter Chicken, Chickpea & Naan	22 
23	24 Egg Salad Sandwich & Apple Sauce	25 Cheesy Alfredo Penne & Broccoli	26 Carrot Soup & Grilled Cheese	27 Chicken, rice and bean burrito & yogurt	28 Vegetarian Chili & Cornbread	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 **\$120 per month (\$1,200 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.



CONTRIBUTE HERE