



## The Underground Chef Canteen

The Underground Chef believes that you can't have healthy children without healthy choices. We believe that schools and community groups should provide snack and lunch choices that are healthy, nutritious, and taste great. Too often high fat, high sugar, and high sodium foods are the only options available.

Schools are finding themselves at the forefront of a healthy eating movement and The Underground Chef believes that a healthy future starts by reducing the fat, sugar, and sodium in the foods we eat. As such, we have prepared the following healthy options in consultation with the Alberta Nutritional Guidelines for Children and Youth.

We are proud to be able to offer canteen snacks that fall under the “Choose Most Often” category of the Alberta Nutritional Guidelines. “Choose Most Often” items are low in fat, sugar, and sodium and provide a source of fibre and protein.

Prices of these great food choices have been optimized to allow your canteen to make a profit when selling these items.

Please feel free to contact us with any questions or suggestions you may have. We look forward to this opportunity to work together to improve the health of our children.

Sincerely,

Jenelle Clark  
Head Chef

The Underground Chef  
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780 504 1750



## Snacks

Choose Most Often	Price
<b>Muffins</b> <ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Oatmeal Blueberry</li> <li>• Oatmeal Chocolate Chip</li> <li>• Oatmeal Mini M&amp;Ms</li> <li>• Whole Wheat Blueberry</li> <li>• Whole Wheat Chocolate Chip</li> </ul>	\$0.60 each  1 dozen (of one flavor): \$6.00 (\$0.50 each)
<b>Cookies</b> <ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Oatmeal Raisin</li> <li>• Oatmeal Chocolate Chip</li> <li>• Whole Wheat Chocolate Chip</li> <li>• Whole Wheat Double Chocolate</li> <li>• Whole Wheat Raisin</li> </ul>	\$0.60 each  1 dozen (of one flavor): \$6.00 (\$0.50 each)
<b>Whole-grain crackers and Cheese</b> 4 crackers, 25 g cheese serving.	\$0.40

## Lunches

	Price
<b>Sandwiches or Wraps</b> <ul style="list-style-type: none"> <li>• Whole Wheat Bread or Sub or Wrap               <ul style="list-style-type: none"> <li>○ Cheese and Veggie</li> <li>○ Chicken</li> <li>○ Egg Salad</li> <li>○ Ham</li> <li>○ Tuna</li> <li>○ Turkey</li> </ul> </li> </ul> <p>All sandwiches are made with lettuce, margarine, and mayonnaise.</p>	\$2.25 for bread \$2.45 for sub (~ 6") \$2.65 for wraps (10")  *NEW* \$2.25 Mini-Subs (~ 4")
<b>Pasta</b> <ul style="list-style-type: none"> <li>• Whole Grain Pasta with Tomato Sauce</li> </ul> <p>1 cup pasta, ½ cup sauce.</p>	\$2.25 Vegetarian \$2.50 Beef

Delivery of order will take place during morning school hours.

Please note that although these products do not contain nuts they may have come into contact with nuts or other allergens.

All orders are subject to 5% GST.

\$50 minimum order.

Updated November 2011