



Healthy School Lunches

At **Oh Natural Foods**, our first priority is to ensure all of our foods are made with 100% natural, whole ingredients - no chemicals, no preservatives! All of our soups, chilis, sauces, dressings, salads and baked goods are hand-made from scratch, ensuring the highest quality, flavor and health benefits for your child.

Fresh-made 12oz Soup & fresh-baked whole wheat bun \$4.00

Twenty soup options are available, but we recommend Free-Range Chicken Noodle, Creamy Tomato, or Alphabet Minestrone as the most popular choices for children.

Fresh-made 12oz Chili & fresh-baked whole wheat bun \$4.25

Made with free-range, non-medicated beef and our signature 4-bean mix, our chili is the best! Garden fresh vegetarian chili is also available.

12oz Pasta & Fresh-made Sauce \$3.75

Choose from Spaghetti with Meat Sauce, Mac & Cheese or Penne Alfredo. Gluten-free options available for an additional \$1/serving.

Whole Wheat Sandwich Wraps \$4.25 - \$5.00

A fresh whole wheat tortilla with your choice of Chicken Caesar (\$5.00), Veggies & Cheese with Buttermilk Ranch dressing (\$4.25), or Ham & Cheese with Buttermilk Ranch dressing (\$4.75).

Sides

The following are available in smaller portions to be used as complimentary items to your menu:

- Side Caesar Salad with fresh-made Caesar dressing (150 gm) - \$2.75
 - Side Tossed Salad with fresh-made Buttermilk Ranch dressing (150 gm) - \$3.00
 - Mixed Veggie Snack Bag (150 gm) - \$1.50
 - Fresh-baked Oatmeal Cookie - \$1.00
-

Want less hassle? Ask about customizing a complete menu including entrée, side, beverage and dessert for one great price!

All lunches are individually portioned in eco-friendly packaging.
All prices include delivery. GST not included.

Choices are limited to two hot items per lunch.