



L.I.N.K.S High School

9905 Papineau Ave.

Montreal, Quebec, H2B 1Z9

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www.emsb.qc.ca/links

October 13, 2021

Dear Parent\Guardian,

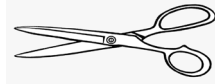
In anticipation of all the lunches to be enjoyed this school year, L.I.N.K.S High School will offer a new convenient **Pre-Paid Cafeteria Meal Card** for your child(ren) to use in school. For use at L.I.N.K.S, a Pre-paid Meal Card is a great way to avoid the need for your child(ren) to carry money and ensures they receive a nutritious and balanced meal. Students at L.I.N.K.S also are offered everyday milk and a snack from the Generations Foundation at no cost. Every morning students will be asked if they will be purchasing a lunch. **A Meal Card is valid for 20 meal deals* at a discounted price of \$30.00.** Every meal cost \$1.50. If you wish to purchase less meals, you can do so as well, ex: 10 meals for \$15.00. To replenish a meal card a note will be sent home with your child stating he\she is due for a refill.

Rest assured that our menus are carefully developed by our MAPAQ trained staff along with students who are continuously being supervised in the kitchen. It is an excellent opportunity for our students to develop life skills when prepping for a meal. The meals are based on the recommendations from our board nutritional service department keeping in mind the nutrient needs of your child. In addition, we proudly meet all the principal guidelines of Inspectors & Food Technicians of Montreal in matters of with cleanliness, preparation of the meals, packaging, delivery and temperature requirements.

The L.I.N.K.S Bistro is set to begin on Tuesday, November 2, 2021.

If this interests you, please complete the form below and submit a cheque for the amount of meals (each meal is \$1.50), made to LINKS High School. Your child will then have access to 20 meals at L.I.N.K.S at any given time.

Maria Caldarella Principal



STUDENT NAME: _____

GROUP: _____

NUMBER OF MEALS: (\$1.50\MEAL) _____

(Cheque made to L.I.N.K.S High School included)



Commission scolaire English-Montréal
English Montreal School Board