



**ORDER &  
EASY  
PAY SAME DAY  
ORDERING!  
ONLINE!**

**CafZone.ca**

We make **school lunch ordering**  
healthy, delicious and easy!

## Some frequently asked questions:

### What is Caf Zone?

Caf Zone is a convenient on-line ordering system designed to make payment for the school cafeteria as easy and user-friendly as possible. We will continue to accept cash orders but now you can choose your child's meal up to two months in advance and pay conveniently on-line using Visa, Mastercard or Visa Debit. No need to send cash or cheques with your child anymore.

### When must my order be placed?

Please place your order by **7:45 am** for same day delivery.

### Are all meals healthy?

All menu items meet provincial guidelines for healthy eating. Within those guidelines we offer favourite meals using **better-for-you products and cooking methods**. For example, our cookies are 1oz. low fat and sodium and high fibre; pizza is made using low fat cheese and turkey pepperoni; breaded chicken is low fat and sodium and high fibre. Fries are low fat, low sodium and oven baked. Pastas are whole wheat and dressings are low fat. Our new menu offers tastes that children enjoy while meeting provincial policies for school food service. Parents are welcome to come in (with school administration permission) and enjoy a meal with their child on us. We have that much confidence in the taste of our food.

### What if my child is sick or not attending school?

Please contact us by 7:45am the same day to cancel. You will then be credited for this meal on an agreed upon date.

F  
A  
Q  
'  
S

M  
E  
A  
L  
S  
  
A  
R  
E  
  
P  
R  
E  
P  
A  
R  
E  
D  
  
F  
R  
E  
S  
H  
  
D  
A  
I  
L  
Y

## My Children

Sally M

A-la-carte

Chris Sa  
School

No Plan ?

### Today Meal

No meals ordered for today



Save TIME and MONEY!

SELECT A-la-carte to view your selections and place your order.

Order before 7:45 am for same day lunch.

Orders may be placed for more than one child at the same school.



CafZone.ca



chartwells  
eat. learn. live.