



Highlands Nordic Inc. – 1182 Concession 10 south Nottawasaga, P.O. Box 110, Duntroon, ON, L0M 1H0  
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### **Food Services at Highlands Nordic 2015-2016**

**Attention: Teachers and Parents of  
Elementary School Winter Programs for 2016**

**Please discuss the following food policies with your students prior  
to coming to Highlands.**

**It would also be helpful to have parents check this website  
regarding meals and food policies. *Thank you***

Conforming to schools' healthy eating programs, staff of Highlands Nordic are working toward the schools' healthy eating guidelines by offering the following selections in our cafeteria:

Prepaid lunches (to be arranged in advance by schools)

Lunches available to students for purchase at a cost of between \$ 5 and \$ 10.

Homebaking and fruit available for snacks at a cost of between \$2 and \$3 each

Hot or cold drinks at a cost of between \$ 1.50 to \$ 2.50

A chocolate bar or potato chips (1 item) are available for purchase after lunch or before bus departure.

Caffeinated soft drinks will not be sold to students.

We hope these selections meet everyone's needs and look forward to serving you this winter.