

Dear Parents,

Buchanan School will be offering a Milk Program that makes milk available at school each and every day.

Canada's Food Guide to Healthy Eating recommends the following milk product servings per day:

Children	4 – 9 years	2 – 3 servings
Youth	10 – 16 years	3 – 4 servings

Milk can be purchased in a Pre-Paid Program by completing and returning the form below to the teacher. Milk Tickets will be sent home with your child. Payments can now be made online through your school cash account.

Cost of a 250ml is as follows:

White Milk is \$1.00

Chocolate Milk is \$1.00

We encourage you to have your child participate in this program, however milk will also be available daily for individual purchases for those who stay for lunch occasionally.

Buchanan School

**Buchanan School
Pre-Paid Milk Program**

STUDENT'S NAME: _____ **ROOM#** _____

_____ **White Milk @ \$1.00**
(No. of tickets)

_____ **Chocolate Milk @ \$1.00**
(No of tickets)

Total _____

Payment Method: **Cheque** **Cash** **SchoolCash Online**

PARENT'S SIGNATURE: _____