

Alonsa School Newsletter

November 2018



Principal: Mr. Vern McMichael
Phone: 204-767-2168
Fax: 204-767-2279
www.alonsaschool.ca

Principal's Message

Greetings from Alonsa School!

It is sad to see the snow and minus temperatures this early. With a cold winter ahead there is a bright side, spring is just 5 months away.

As a reminder, the exit doors are locked throughout the day. The east doors have a teacher monitor to admit students, staff and parents up till 8:45 am. After that time there is no monitor at the east doors and everyone has to enter using the south doors where there is a doorbell to notify the office of your arrival. We ask that all parents coming to the school to pick up or to drop off students to notify the office at the time of the visit.

Now that the weather is turning colder and wetter, we ask parents to ensure that their children are appropriately dressed for the weather. Students are to be adequately dressed for the weather as they are to go out during the recess and lunch breaks. Unless it is -25°C or raining, students in K to 6 will be outside for part of the break at recess and/or lunch. Between -20 and -25°C, students will be out for a short period of time but not necessarily for the entire break. At -25° C or colder then students remain indoors.

At this time, there has been one progress report issued to students at the end of September. The report is a communication to inform parents about the performance of their children. Because some students forget, lose or misplace these reports, if your child does not have a report to show you near

the end of each month be sure to ask for it. The progress reports are normally distributed during the last week of each month issued. The exceptions happen during the months when full reports are distributed.

The Student Council has been active planning for this year. They work as volunteers in the canteen at lunch and they are preparing a special afternoon for Halloween spirit week and activity day.

Our students performed well at the division and zone cross country and soccer competitions this year. Dylan D. in grade 12 made his way to the provincial Senior Cross Country. Congratulations to Dylan. All students put forth extra effort and determination to carry the name of our school to higher levels of competition and recognition. Congratulations to all our competitors for a well-played season. Currently there are students competing in volleyball and a new interdivision sport of hockey.

We will be having our Remembrance Day ceremony on Friday, November 9 beginning at 10:30 A.M. Students from Grades K to 8 will be taking part as individual classes. The Grades 9 to 12 will have representations. We welcome all who would like to attend our ceremony in memory of the veterans of past years.

Dates to Remember:

- Oct 30 – Progress Reports distributed to all students
- Oct 31 – Halloween
- Nov 4 – Clocks turn back one hour at 2 AM.
- Nov 9 – Remembrance Day Program at 10:30 AM, everyone is welcome to attend.
- Nov 11 – Remembrance Day (which is on a Sunday)
- Nov 12 – In-Service for all Teachers and EAs of Alonsa School (No classes for students)
- Nov 19 – Formal Report Cards for all students
- Nov 22 – Parent/Teacher Evening – Interviews are scheduled from 5 – 8 PM.
- Nov 23 – Parent/Teacher Day - Interviews scheduled for the morning from 9 AM – 12 PM.

THANK YOU!!!

Thank you to the community members and community organizations that volunteered their time as well as the use of equipment to assemble and install the finishing pieces of our playground equipment. Our students and staff thank you for volunteering your time to help us out!

News from the K & Grade 1 Room

October has been an exciting month for us, it is a time we start learning about fall and we also start seeing all the spooky things come out.

We are all continuing with letter recognition and writing our names. Ask your child to show you, the progress has been amazing! Together we are also learning about sizes and also things in our world and what they are used for.

The Grade 1 class is moving to phonics soon and will soon start spelling tests. We are growing up so fast and learning so much.

The Kindergarten class has been sequencing stories, graphing with buttons and learning about shapes. We even had a shape hunt in the playground. We didn't realize how many shapes are in our world!

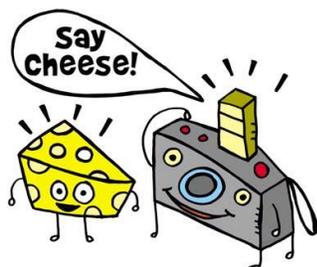
Through some of our play we have been learning how to communicate with our peers. Soon we will start talking about our emotions and we will have a special program in our class called Zones of Regulation. This will help us understand what to do with some of the feelings we all have.

We are looking forward to November to start talking about Remembrance Day and do some learning themed around winter.

- Mrs. Wendy Zalluski & Mrs. Dana Thompson

Alonsa School Yearbook

Calling for all photos from the school year 2017-18 and 2018-19! Email them to: alonsaschoolyearbook@trsd.ca . Please have captions and names for submitted photos. Thank you for your help!



News from the Grade 2 Room

During the month of October, the Grade 2 class has been finishing up with patterns and focusing more on counting money and 100 chart patterns. They are now doing Daily 4 every morning; read to someone, read to self, word work and work on writing, as well as participating in writer workshop every day. This includes learning new writing styles and working on expanding ideas in their writing. The Grade 2 class is now beginning to learn different reading strategies to help sound out words and become more successful readers.

Now that is almost the end of October the Grade 2s have explored the music eras of 1960's, 1970's and currently the 1980's.

Lastly, the class will begin STEAM (Science, Technology, Engineering, Art and Math) projects in the next couple of weeks.

-Miss Laura Grant

Grad 2019

The Grad class of 2019 ran the second annual drive-in movie fundraiser night at the end of September. Approximately 30 vehicles showed up to watch "Jurassic World" while sitting in the comfort and warmth of their own vehicles! The grad committee was fully prepared with a stocked canteen which included barbecued hot dogs and even fresh cotton candy! The grads want to thank everyone who came to the movie, and a big thank you to those who helped make it all possible!

The grads are now selling meat raffle tickets to win \$140 of Trickle Creek Black Angus beef! Tickets are \$2 each with a draw date is October 31. (License #563)

Other fundraising will include:

- *Epicure seasoning and meal* - Orders are available from the grads and are due November 9.
- *Grad Community Calendars* - Please contact myself (msadler@trsd.ca) or Mrs. Barb Anderson (banderson@trsd.ca) at the school at 767-2168 if you would like a calendar and have not yet been contacted.

- Ms. Miranda Sadler

Library News

We have had a busy month in the library! Themes for Pre-School – Grade 2 for October were Autumn, Thanksgiving, Pumpkins & Apples, and Halloween.

The Grades 3-4 class is enjoying the “Dinosaur Cove” series by Rex Stone that we have been reading since September. We are now on the 5th book in the series and like sharing Tom and Jamie’s adventures in Dino World and learning about the different dinosaurs they meet.

I am sharing “The Blackwell Pages” series with the Grades 5 & 6 class and we are well into book 1, “Loki’s Wolves” by K.L. Armstrong & Melissa Marr. It is an exciting series where Norse mythology is brought to life! The Grades 5 & 6 class visit me on Days 2, 4 and 6. I have begun working with them on Day 4 learning about the Seven Sacred Teachings in conjunction with the “Virtues Project”. The first teaching/virtue we are focusing on is Respect.

The Grade 7 class and I are into the “Tombquest” Series by Michael Northrop, book 1 is “Book of the Dead”. Alex Sennefer has an undetermined terminal illness and nothing can save his life, that is until his mother uses the Lost Spells from the Egyptian Book of the Dead. In the process an ancient evil is unleashed and Alex’s mother and the Lost Spells disappear. Can Alex and his best friend Ren find his mom and save the world? We will have to keep reading to find out!

The Grade 8 class and I are reading the “Magisterium” series by Holly Black & Cassandra Clare. We are on book 1, “The Iron Trial”. Most kids will do anything to pass the Iron Trial, but not Callum Hunt who has been warned his entire life by his father to stay away from magic. However, Call fails at failing and now the Magisterium awaits him and it is both sensational and sinister. The Iron Trial was just the beginning as the biggest test is yet to come!

Scholastic Book Orders for November will be sent home soon and they are due to me in the library by Thursday, November 15.

Mark your calendar!

Pre-School – every Thursday

Kindergarten & Grade 1 – Days 1 & 3

(November 1, 7, 9, 16, 20, 27, 29)

Grade 2 – Days 2 & 4

(November 2, 8, 13, 19, 21, 28, 30)

Grades 3 & 4 – Days 3 & 6

(November 1, 6, 9, 15, 20, 26, 29)

Grades 5 & 6 – Days 2, 4, 6

They come to the Library Days 2 & 6

(November 6, 8, 19, 26, 28)

We stay in the classroom on Day 4

(November 2, 13, 21, 30)

Grades 7 & 8 – Day 5 (Separate classes for 7 & 8s)

(November 5, 14, 22)

Feel free to contact me with any questions or concerns that you may have by calling 767-2168 or email me at banderson@trsd.ca. Have a great month!

- Mrs. Barbara Anderson ☺

News from the Grades 3 & 4 Room

Our class has been working hard at building stamina this past month. We are able to stay on task for Daily 5 Read to Self, Read to Someone, Work on Writing, Word Work, or Listen to Reading for about 20 minute intervals. We know what each part of Daily 5 should look like and have practiced every day so that we can stay on task and work independently.

In math we have learned about telling time and are working on patterns and place value. If you have not yet seen a test or homework at home, please ask your child and have a look in their backpacks.

Our hallway bulletin board has been decorated with social studies posters on the physical regions of Canada, fall leaf paintings, animal adaptations such as if we had animal eyes or animal noses, and watercolour leaf resists. Hope you have had a chance to see some of these in the past month. We are currently working on mobiles of the symbols of Canada and creating an animal with adaptations.

I’m looking forward to seeing parents in November for Parent-Teacher. Please contact me at any time if there is another time or day that would work for you. Also, please contact me if you need added to our class Remind App. It is working quite handy as a communication tool between parents and the teacher.

-Mrs. Amy Buchannan

PARENT'S DAY - Form for Scheduling of Interviews

Parent's/Guardians Name: _____

Teachers are as follows:

Mrs. Amanda Asham -Resource

Kindergarten/Grade 1 – Mrs.Wendy Zalluski & Mrs. Dana Thompson

Gr.2 – Ms Laura Grant

Gr. 3&4 – Mrs. Amy Buchanan

Gr.5&6 – Ms Katie Terrick-Steiner

Ms Sarah Doran - Grade 7&8 all subjects for Gr.7&8 except Grade 8 Math

Ms. Amy Spring- Grade 9 Homeroom – Math 10F, Science 10F, Math 8, Canada in a Contemp.World 10F, Agriculture 30S, Fam. St.10F, Web.Design35S/Dig.Pictures 25S

Mr. Brad Dupasquier Grade 10 Homeroom– Grade 6 to Grade 12 PE, Band 9 to 12,
Music Gr. 3 to 8, Science 20F, Accounting 30S

Ms Miranda Sadler Grade 11 Homeroom- ELA 10F, 20F,30S and 40S, FNMI Studies 40S,
Life Wk.Planning 20S, Home Ec.10G,

Mr. Matthew Reimer Grade 12 Homeroom – Math (Essential) 20S, 30S,40S, Biology 30S,
Physics 30S, Cinema 40S,

Mr.Vern McMichael (Principal) – Math 30S (Applied), Math 40S (Applied), Drafting 10G,
Math 20S Intro to Pre-Cal/Applied,

Do You Prefer a Group Meeting? _____ **or Individual Meeting?** _____

What Day Do You Prefer? **THURS. November 22nd, (5-8 P.M.)** _____

FRIDAY, November 23rd (9A.M. to Noon) _____

WHICH TEACHER(S) WILL YOU BE VISITING?

_____ Wendy Zalluski	_____ Sarah Doran
_____ Dana Thompson	_____ Amy Spring
_____ Laura Grant	_____ Brad Dupasquier
_____ Amy Buchanan	_____ Miranda Sadler
_____ Katie Terrick-Steiner	_____ Matthew Reimer
	_____ Vern McMichael

Generally, appointments will be made on the basis of the date these forms are completed. Earlier return of forms gives us a better chance of you getting your desired date and time. Return forms by **Tuesday, November 13th.** Only one form per family.

School Use **Date Received** **Time**

Alonsa School Travel Club



The Alonsa School Travel Club has decided on our destination! We are excited to travel to Vancouver, BC in March 2020!

We have been very busy planning and organizing fundraisers. We held Haunted House Tours in Amaranth in October which was a great success and lots of fun! Thank-you to all those who came out to support us!

We are currently selling Little Caesar's Pizza Kits (see this newsletter for an order form). These orders are due November 22nd and will arrive mid-December.

Our next fundraiser is "In Good Taste". These orders will arrive in time for Christmas!



Travel Club Members:

Amanda Asham (Staff Advisor),
Laney A, Hannah D, RJ S, Shannon Z, Riley Z,
Abby B, Owen C, Brayden P, Niya W,
Payton W, and Lucas Z.



Pause to Remember
11-11-11



Student Council

Student Council will be selling Mom's Pantry again this year. We are asking that orders be returned to the school by Thursday, November 22nd. We will be sending the orders out on Friday, November 23rd and hope to have the filled orders back to the school by the first week in December. Cheques are made payable to Alonsa School and can be handed into your child's teacher or to Mrs. W. Zalluski. Thank you for your support!



Alonsa School Travel Club Pizza Kit Fundraiser

Name: _____ Phone Number: _____

Seller: _____

Orders due November 22nd, 2018

Cheques can be made payable to Alonsa School

Pep. Garlic (\$30)	Deep Dish (\$30)	Pepperoni (\$29)	Cheese (\$27)	Pers. Pep. (\$29)	Ch. Bread (\$27)	Crazy Bread (\$22)	Combo Kit (\$29)	Chocolate Chunk Cookie Dough (\$22)	Oatmeal Raisin Cookie Dough (\$22)	Snickerdoodle Cookie Dough (\$22)	TOTAL \$



3 varieties of Cookie Dough

2 – 24 count packages
Makes 40 cookies



Deep! Deep! Dish® Pizza Kit

Makes 4 – 9.5x6" pizzas



Cheese Pizza Kit

Makes 3 – 12" pizzas



Pepperoni Pizza Kit

Makes 3 – 12" pizzas



Ultimate Combo Kit

Makes 1 – 12x18" pizza
1 – 18 pc. Crazy Bread
15 – Chocolate Chunk Cookies



NEW! Pepperoni Garlic Pizza Kit

Makes 3 – 12" square pizzas



Personal Pepperoni Pizza Kit

Makes 9 – 6" pizzas



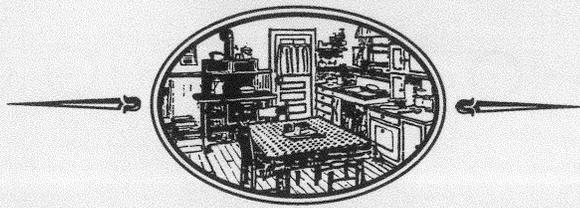
Italian Cheese Bread Kit

Makes 3 – 10" cheese breads



Crazy Bread® Kit with Crazy Sauce®

3 – 10" square crusts
Makes 54 bread sticks



Mom's Pantry

• CANADA'S FUNDRAISING SPECIALISTS •

3241 St. Mary's Road, Winnipeg, Manitoba, R2N 4B4
(800) 350-MOMS (6667) • info@momspantry.ca • momspantry.ca
facebook.com/momspantry @MomsPantry



FEATURING
JIM & LEONIE

Mom's Pantry Brand Ambassadors
Find their favourite products, inside!



QUALITY FOOD & BAKING PRODUCTS CLASSIC FUNDRAISING ORDER FORM

WE ARE RAISING FUNDS FOR:

**ALONSA SCHOOL
STUDENT COUNCIL**

THANK YOU FOR SUPPORTING OUR FUNDRAISING DRIVE



NEW WEBSITE UPDATE!

For a complete list of ingredients, nutritional information, and high quality product photos, please visit our website at momspantry.ca



NEW EASY ONLINE ORDERING!

Simply add items to your cart, and check out using the numbers below!

ORDER NUMBER:
277422

GROUP PASSCODE:
33664

Important - Please complete all fields - Please print clearly

SELLER #

Mom's Pantry office use only.

BUYER

last name

first name

daytime phone number

SELLER

last name

first name

daytime phone number

PAYMENT INFORMATION

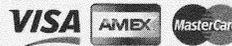
GRAND TOTAL \$ _____

TOTAL NUMBER OF ITEMS ORDERED : _____

Taxes already included where applicable
GST 103406435

PAYMENT METHOD

- Cash
 Cheque
 Credit Card



DO NOT WRITE YOUR CREDIT CARD
NUMBER ON THIS FORM.
See below for instructions.**

AUTHORIZATION #

* Please make cheques payable to your group or organization.

** For confidentiality, please call our office at 1-800-350-MOMS (6667) when paying with a credit card. We will provide you with your authorization number to enter on this form. You must still complete the order form and return it to your seller. If you are ordering online, do not submit this form or call in phone payment.

♻ Please recycle unused forms.

Forms expire: 31 December 2018

QTY CODE PRICE TOTAL

40% MOM'S OWN GOURMET RUBS & MARINADES

Rub directly onto meat, or try mixing a few tablespoons of seasoning with ½ cup lemon juice and ½ cup olive oil. Use as a marinade, or brush onto steaks, pork chops, ribs, chicken, or shrimp skewers.

___ 0101	Greek (150g)	\$ 8.90
___ 0103	Honey Lime Chipotle (140g)	\$ 8.90
___ 0104	Souvlaki (70g)	\$ 8.90
___ 0107	Turkey Rub (85g)	\$ 8.90

The perfect way to season your favourite holiday bird! Mix 1 to 2 tbsp with half a cup of melted butter, and baste.

___ 0108	Mango Chipotle (140g)	\$ 9.90
___ 0111	Mango Habanero (140g)	\$ 9.90
___ 0109	Whiskey Flavour Steak Rub (150g)	\$ 8.90
___ 0110	Kansas City Rib Rub (130g)	\$ 8.90
___ 0112	Maple Pepper Seasoning (90g)	\$ 7.90
___ 0113	Harissa Spice Blend (85g)	\$ 7.90

A fragrant Moroccan seasoning, adds zest to pasta, couscous, bean, and vegetable dishes.

40% MOM'S OWN BLENDS & SEASONINGS

Mom's Own Blends & Seasonings are sure to add ease and delight to your cooking experience!

___ 0201	Cajun Spice (140g)	\$ 6.90
___ 0202	Crushed Chillies (55g)	\$ 5.90
___ 0203	Garlic Plus (100g)	\$ 9.90
A garlic infused multi-purpose seasoning!		
___ 0204	Hamburger Seasoning (130g)	\$ 6.90
___ 0205	Italian Seasoning (45g)	\$ 5.90
___ 0206	Lemon Pepper (no salt) (65g)	\$ 8.90
___ 0207	Mom's Own No Salt Seasoning (110g)	\$ 8.90
A delicious blend of spices and dehydrated vegetables, a perfect topping for any dish.		
___ 0208	Montreal Chicken Seasoning (150g)	\$ 6.90
___ 0209	Montreal Steak Spice (150g)	\$ 7.90
___ 0210	Pizza Spice (90g)	\$ 6.90
___ 0211	Roasted Garlic & Red Pepper (130g)	\$ 8.90
___ 0212	Seasoning Salt (no MSG) (115g)	\$ 6.90
___ 0213	Spaghetti Spice (80g)	\$ 6.90
___ 0214	Taco Meat Seasoning (115g)	\$ 7.90
___ 0215	Chipotle Fajita Seasoning (120g)	\$ 8.90
___ 0217	Potato Seasoning (130g)	\$ 7.90

40% GOURMET SEA SALTS

Sea salt is a natural, gourmet substitute for regular, refined table salt. These delicious coarse sea salt blends are sure to inspire new cooking ideas!

___ 0301	Coarse Sea Salt (225g)	\$ 6.90
___ 0302	Roasted Garlic & Sea Salt (120g)	\$ 8.90
___ 0303	Lemon Dill Sea Salt (120g)	\$ 7.90
___ 0304	Mediterranean Sea Salt (100g)	\$ 7.90
___ 0305	Red Hot Sea Salt (110g)	\$ 7.90

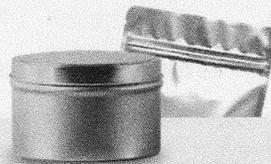
COLUMN TOTAL

QTY CODE PRICE TOTAL

40% TRADITIONAL SPICES CL

Mom's spices will enhance the flavour, colour, and aroma of your cuisine. Top quality, excellent value.

___ 0401	Allspice, ground (70g)	\$ 5.90
___ 0403	Basil (35g)	\$ 4.90
___ 0404	Bay Leaves, hand picked (10g)	\$ 4.90
___ 0405	Cayenne Pepper (60g)	\$ 5.90
___ 0406	Celery Salt (115g)	\$ 5.50
___ 0407	Chili Powder, Mexican (95g)	\$ 6.90
___ 0408	Chinese Five Spice (60g)	\$ 6.90
___ 0409	Cinnamon, ground (80g)	\$ 6.90
___ 0410	Cinnamon Sticks 3" (80g)	\$ 6.90
___ 0411	Cloves, ground (60g)	\$ 8.90
___ 0412	Dill Weed (25g)	\$ 5.90
___ 0413	Garlic Powder, granules (115g)	\$ 6.90
___ 0414	Ginger, ground (50g)	\$ 5.90
___ 0415	Mustard Powder (65g)	\$ 5.90
___ 0416	Nutmeg, ground (70g)	\$ 8.90
___ 0417	Onion Flakes (80g)	\$ 5.90
___ 0418	Onion Powder (100g)	\$ 5.90
___ 0419	Oregano (25g)	\$ 5.90
___ 0420	Paprika, Hungarian (70g)	\$ 6.90
___ 0421	Parsley Flakes (25g)	\$ 4.90
___ 0422	Pepper, black, ground (80g)	\$ 6.90
___ 0423	Pepper, black, whole (90g)	\$ 6.90
___ 0424	Assorted Peppercorns (90g)	\$ 9.90
(black, green, pink, white)		
___ 0425	Poultry Seasoning (60g)	\$ 5.90
___ 0426	Rosemary, whole (35g)	\$ 4.90
___ 0427	Sage, ground (60g)	\$ 5.90
___ 0428	Thyme, ground (60g)	\$ 4.90



TIN & GUSSET PACKAGING

Our dry products now come packaged in resealable tins & stand-up pouches. More user friendly, more conveniently sized, and better for your kitchen!

40% INDIAN SPICES CL

Add the taste of India to your cuisine!

___ 0501	Coriander, ground (75g)	\$ 5.90
___ 0502	Cumin Seed, ground (95g)	\$ 6.90
___ 0503	Curry Powder, Madras (110g)	\$ 6.90
___ 0504	Turmeric, ground (110g)	\$ 6.90
___ 0505	Garam Masala Blend (105g)	\$ 6.90

COLUMN TOTAL

QTY CODE PRICE TOTAL

40% MOM'S OWN DIP MIXES

No preservatives. No added MSG. Just mix with sour cream, cream cheese, or mayonnaise, and enjoy!

___ 0601	Honey Dill Dip (250g)	\$ 10.90
A Manitoba favourite. Now available as a delicious dry mix.		
___ 0602	Chive & Garlic Dip (110g)	\$ 9.90
___ 0603	Dill Dip (130g)	\$ 9.90
___ 0604	Mango Curry Dip (100g)	\$ 9.90
___ 0606	Party Time Dip (130g)	\$ 9.90
___ 0607	Roasted Red Pepper Dip (120g)	\$ 9.90
___ 0609	Spinach Dip (75g)	\$ 9.90
___ 0610	Guacamole Dip (110g)	\$ 9.90
___ 0611	Sriracha Dip (120g)	\$ 9.90
___ 0612	Sweet Chili Dip (125g)	\$ 9.90

40% MOM'S OWN POPPING CORN & POPCORN SEASONINGS

In plastic shaker top containers - an excellent topper on popcorn, potatoes, chips, or vegetables.

___ 1105	Mom's Own Popping Corn (600g)	\$ 6.90
___ 0701	White Cheddar (45g)	\$ 5.90
___ 0702	Salt & Vinegar (80g)	\$ 5.90
___ 0703	Ranch (60g)	\$ 5.90
___ 0704	Double Dill (75g)	\$ 5.90
___ 0705	Kettle Corn (65g)	\$ 5.90
___ 0707	Super Ketchup (90g)	\$ 5.90
___ 0708	Butter Salt (65g)	\$ 6.90

40% BAKING SUPPLIES

All your classic baking essentials, packaged in just the right size!

___ 0801	Angel Flake Coconut (300g)	\$ 9.90
___ 0802	Baking Powder, double-action (450g)	\$ 7.90
___ 0803	Baking Soda (450g)	\$ 4.90
___ 0804	Corn Starch (400g)	\$ 5.90
___ 0806	Pure Dutch Cocoa (250g)	\$ 10.90
___ 0807	Cream of Tartar (100g)	\$ 5.90

40% DRIED FRUITS

Great for baking, snacking, or both!

___ 1401	Banana Chips (200g)	\$ 5.90
___ 1402	Cranberries (250g)	\$ 6.90
___ 1403	Dates, pitted (300g)	\$ 6.90
___ 1404	Raisins, seedless (325g)	\$ 7.90

LEGEND

- !** New Product
- GF** Guaranteed Gluten Free
- PF** Guaranteed Peanut Free
- CK** Certified Kosher
- CL** Clean Label Product

COLUMN TOTAL

PAGE TOTAL

QTY CODE PRICE TOTAL

40% MOM'S OWN SPREADS

The **#1 BEST SELLER**, our exclusive garlic spread recipe. Cholesterol free, low in saturated fat, and completely trans fat free! Cinnamon Spread is back by popular demand!

1201	Garlic Spread (440g)	\$ 6.90
1202	Cinnamon Spread (440g)	\$ 6.90
1203	Combo Pack (440g x 2)	\$13.00

1 x Garlic Spread
1 x Cinnamon Spread

30% PREMIUM READY-TO-BAKE TREATS

Delicious mini-strudel treats, Made with our new, 100% butter recipe!

CL PF	1704	Jim & Leonie's Mini Baskets (24 x 45g)	\$ 30.90
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6 x maple mini basket
6 x cream cheese mini basket
6 x raspberry mini basket
6 x salted caramel mini basket

20% Absolutely decadent, these massive savoury danishes are the best of the best!

CL PF	1707	Mom's Own Savoury Bistros (12 x 110g)	\$ 32.90
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3 x margherita bistro
3 x leek & parmesan bistro
3 x spinach & feta bistro
3 x egg & veggie bistro

40% Scrumptious fruit filling and cream cheese, enveloped in flaky puff pastry. Back to our original recipe!

	1701	Assorted Fruit Sticks (24 x 87g)	\$ 33.90
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8 x strawberry & cream cheese
8 x blueberry & cream cheese
8 x raspberry & cream cheese

From the freezer to the oven, ready in 20 minutes. Light and flaky, our strudels have the taste of homemade goodness!

	1702	Apple Strudels (24 x 95g)	\$ 29.90
	1703	Assorted Strudels (24 x 95g)	\$ 29.90

6 x apple strudel
6 x lemon strudel
6 x cherry strudel
6 x blueberry strudel

30% MOM'S OWN DINNER ROLLS

Individually frozen, and partially cooked. Just choose your desired amount, and bake. No more proofing!

PF	2004	Assorted Crusty Rolls, pre-baked (24 per case)	\$ 22.90
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7 x white (40g each)
7 x whole wheat (40g each)
5 x rye (50g each)
5 x pumpernickel (50g each)

40%	2003	Buttery Flake Rolls (36 x 45g)	\$ 26.90
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Our traditional recipe. Proof and bake. Melt in your mouth, layered buttery goodness.

! CL	2006	Mini French Baguettes (18 x 68g)	\$ 19.90
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Perfect for mini sandwiches or bread sticks.

COLUMN TOTAL

QTY CODE PRICE TOTAL

30% MOM'S FAMOUS BAKERY

Our most popular croissant! Made in the authentic French style with 100% real butter. Pre-proofed and pre-glazed, from your freezer to your oven in 30 minutes!

CL	2400	Perfect Butter Croissants (24 x 78g)	\$ 38.90
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Still like our traditional proof and bake croissant? Our classic margarine blend recipe proofs in 4 to 5 hours.

PF	2401	Proof & Bake Croissants (24 x 71g)	\$ 27.90
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Complete our famous cinnamon rolls, below, with a delicious frosting made with real cream cheese.

	2402	Cinnamon Rolls (24 x 71g)	\$ 27.90
	1305	Cream Cheese Icing (907g plastic tube)	\$ 14.90

20% These massive filled croissants are sure to be a hit with your family. Imported directly from France!

!	2405	Gourmet Chocolate Hazelnut Croissants (12 x 90g)	\$ 30.90
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Our snack size multigrain croissants pack all the fresh flaky lightness of our Perfect Butter Croissant, with all the added flavour of delicious prairie grains.

!	2404	Mini Multigrain Croissants (20 x 45.4g)	\$ 26.90
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Can't decide which croissant to go with? Try them all with this brand new assorted pack!

!	2406	Assorted Croissants (20 x various sizes)	\$ 36.90
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6 x Perfect Butter Croissant (78g)
6 x Gourmet Chocolate Hazelnut Croissant (90g)
8 x Mini Multigrain Croissant (45.4g)

30% MOM'S OWN TART & PIE SHELLS

Both tart shells and pie shells come unbaked and unsweetened. Perfect for your holiday baking needs.

COR	1900	1" Rimless Shells (100 x 5.5g)	\$ 28.90
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Our unique, bite-sized, rimless shell. Perfect for canapés and desserts, alike.

COR	1901	2" Tart Shells (80 x 16g)	\$ 28.90
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COR	1902	3" Tart Shells (90 x 19g)	\$ 29.90
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COR	1903	9" Pie Shells (15 x 170g)	\$ 37.90
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COR	1904	9" Pie Lids (15 x 142g)	\$ 26.90
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Try our 5" shell & lid combo. Perfect for meat hot pies, or mini tourtières!

COR	1905	5" Pie Shell & Lid Combo Pack (24 of each)	\$ 39.90
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Complement any size tart shell with our customer favourite butter tart filling mix!

	1351	Butter Tart Filling Mix (500g)	\$ 12.90
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An easy to use, one-step mix. Simply add hot water, stir, and fill Mom's Own Tart Shells.

COLUMN TOTAL

QTY CODE PRICE TOTAL

MOM'S OWN OLD-FASHIONED COOKIE DOUGH & MUFFIN BATTER

Back to our original recipes, just like you remember. Now completely trans fat free!

40% Cookies Scoop & Bake. 3lb tubs. Can be refrozen.

COR	1501	Chocolate Chunk	\$ 18.90
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COR	1502	White Chocolate Macadamia Nut	\$ 18.90
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COR	1503	Rainbow Chocolate (M&M's)	\$ 18.90
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COR	1506	Double Chocolate Chunk	\$ 18.90
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PF	1507	Shortbread	\$ 19.90
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PF	1508	Ginger Snap	\$ 19.90
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COR	1509	Cranberry White Chocolate	\$ 18.90
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!	COR	1514	Honey Oatmeal Raisin	\$ 18.90
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40% Muffins Scoop & Bake. 3lb tubs. Can be refrozen.

COR	1601	Blueberry Passion	\$ 18.90
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COR	1602	Banana Dream	\$ 18.90
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COR	1603	California Carrot	\$ 18.90
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COR	1604	Lemon Poppyseed	\$ 18.90
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30% MOM'S OLDE TEA SHOPPE

Now featuring the Bigelow tea line & Malcolm's hot chocolate.

28 tea bags per box except the variety pack 30% more tea than before, at a lower price!

!	GF	2117	Assorted Green Tea Variety Pack (64 tea bags)	\$ 26.90
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8 x green tea 8 x Earl Grey green tea
8 x decaff green tea 8 x green tea w/ lemon
8 x green tea w/ mint 8 x constant comment
8 x green tea w/mango 8 x green tea w/ peach

!	GF	2118	English Breakfast	\$ 9.90
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Start your day with a rich bold robust cup of tea.

!	GF	2119	Lemon Lift	\$ 9.90
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Tea and Lemon, the perfect pair!

!	GF	2120	Earl Grey	\$ 9.90
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We are adamant about using only the best bergamot oil. Sourced from the same garden in Calabria, Italy year after year.

!	GF	2121	Peppermint	\$ 9.90
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Peppermint is known to help calm the stomach and is good for overall digestion.

!	GF	2122	Green Tea	\$ 9.90
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What makes ours so special is hand-picked from high elevation gardens.

!	GF	2123	Cozy Chamomile	\$ 9.90
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Chamomile is good for you, both soothing and relaxing. No better way to wind down.

!	GF	2124	Sweet Dreams	\$ 9.90
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Our blend of chamomile and mint leaves will calm your nerves and soothe your soul.

Check out our brand new Premium Hot Chocolate, below!

!	COR	2116	Malcolm's Hot Chocolate (400g)	\$ 9.90
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Delicious Premium Hot Chocolate. Milk Chocolate flavour, made with real Dutch cocoa!

FAST & EASY ONLINE ORDERING AT MOMSPANTRY.CA

Have you wondered what our products look like? Do you have a question about an ingredient. All of this information, and more, is available online. You can place your order online using the codes on the front of this order form.

www.momspantry.ca



COLUMN TOTAL

PAGE TOTAL

QTY CODE PRICE TOTAL

30% MOM'S OWN POUTINERIE

Make your own poutine from scratch with these authentic and delicious ingredients!

1010	Montreal Poutine Sauce (200g)	\$ 7.90
3001	White Cheddar Cheese Curds (300g)	\$ 10.90
3002	Straight Cut Skin-On French Fries (2.27kg)	\$ 9.90

30% PIZZA SHOP

Just add your favourite toppings to our frozen crusts, and bake for 10-15 minutes. New and improved recipe!

2901	Mom's Own Pizza Crusts (8 x 12")	\$ 33.90
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Want to get a little more creative? Try rolling your own crust with our brand new dough balls. Or forget the pizza, and create something entirely original from scratch!

2900	Dough Balls (4 x 450g)	\$ 14.90
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Looking for something even easier? Our superb mini-calzone style pizza snack. Just pop them in the microwave and they're done!

2902	Panzerotti Pizza Snacks (3 x 935g) Pepperoni & Cheese About 11 snacks per 935g bags	\$ 29.90
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20% *On a restricted diet? Our brand new gluten free pizza crusts come on their own individual baking sheets to prevent cross contamination.*

GF 2903	Gluten Free Pizza Crusts (4 x 12")	\$ 29.90
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20% SPRING ROLLS & SAMOSAS

Approximately 50 spring rolls (1.1kg per case)

2801	Mini Veggie Spring Rolls	\$ 35.90
2802	Mini Chicken Spring Rolls	\$ 35.90

30% *Our samosas are authentic and handmade with the highest quality ingredients. Comes with tamarind dipping sauce.*

2803	Samosas, vegetable (12 x 65g)	\$ 20.90
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30% MOM'S OWN PIEROGIES

Approximately 200 to 220 pierogies per case (6 x 1kg) (\$ 1.79 to \$ 1.95 per dozen).
Homemade recipe. The thinnest, softest dough in the industry.

2601	Potato & Cheddar Cheese	\$ 32.90
! 2602	Potato & Cheddar & Bacon Now with 100% REAL bacon!	\$ 34.90
2603	Assorted Pierogies (3 bags of each variety above)	\$ 34.90

20% MOM'S OWN PREPARED MEATS

Oven-ready meat products, quick and easy.

2704	Chicken Tender Strips (2kg, breaded)	\$ 39.90
2705	Italian Meatballs (5lb) 1/2 oz fully cooked meatballs. Approximately 160 per case	\$ 39.90

COLUMN TOTAL

QTY CODE PRICE TOTAL

20% MOM'S OWN FRUITS & VEGGIES

Our gourmet fresh fruit and vegetable mixes. No added ingredients or preservatives. Individually flash frozen for maximum freshness! (All mixes packaged in 1kg bags)

2204	Mom's Fruity Mix (1kg) Banana, strawberries, blueberries. (Formerly Smoothie Mix)	\$ 12.90
2205	Antioxidant Blend (1kg) Blueberries, raspberries, cherries, strawberries, cranberries, blackberries, saskatoon berries.	\$ 17.90
! 2211	Fiesta Fruit Blend (1kg) Blackberries, strawberries, peaches.	\$ 12.90

30%

2206	Teriyaki Stir-Fry Mix Whole green beans, broccoli florets, onions, sugar snap peas, red peppers.	\$ 11.90
2207	Fajita Mix Onion strips, red, green, and yellow pepper strips.	\$ 9.90
! 2210	Stir-Fry Supreme Broccoli, sugar snap peas, baby corn, red peppers, yellow peppers, onions.	\$ 12.90

30% MOM'S OWN SUPERFOODS **CL**

Delightfully natural & healthy superfoods.

2501	Hulled Hemp Seeds (190g)	\$ 12.90
2502	Organic Black Chia Seeds (300g)	\$ 12.90
2503	Organic Quinoa (450g)	\$ 9.90
2504	Tri-colour Organic Quinoa (450g)	\$ 11.90
2509	Shelled Roasted Almonds (300g)	\$ 10.90
2510	Flax Seed, whole (450g)	\$ 5.90

30% MOM'S OWN SNACK MIXES **CL**

An old favourite, and some new delights!
Delicious trail mixes with no peanuts in sight.

1801	Santiago Mix (200g) Raisins, roasted sunflower seeds, roasted cashews, pumpkin seeds, roasted almonds.	\$ 9.90
1802	Organic Health Mix (150g) Raisins, cranberries, coconut, cashews, & almonds. (all organic ingredients)	\$ 9.90

30% MOM'S OWN CLING FILM

In a class of its own, at 12" x 1000'.

5001	Cling Film Wrap	\$ 26.90
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YOUR PURCHASES MATTER!



Look for this symbol to see how much your group benefits from each purchase!

COLUMN TOTAL

QTY CODE PRICE TOTAL

40% TRADITIONAL GRAVY & SOUP BASES

Easy to make, old-fashioned homemade quality. Just add water & heat for a delicious soup or gravy.

Traditional Soups & Gravies

1001	Beef Gravy Base (450g)	\$ 8.90
1002	Chicken Gravy Base (450g)	\$ 9.90
1003	Beef Soup Base (450g)	\$ 8.50
1004	Beef Soup Base, no added MSG (450g)	\$ 9.50
1005	Chicken Soup Base (450g)	\$ 8.50
1006	Chicken Soup Base, no added MSG (450g)	\$ 9.50

Gourmet Soups

1007	French Onion Soup Base (200g)	\$ 9.90
1009	Cream of Potato Soup Base (225g)	\$ 9.90

40% GLUTEN FREE & SODIUM REDUCED INSTANT MIXES AND BASES

We cut the salt, not the taste. No gluten, no added MSG, no trans fat, no artificial colours or flavours.

GF 0902	Poultry Gravy Base (200g)	\$ 9.90
GF 0903	Brown Gravy Base (200g)	\$ 9.90
GF 0904	Chicken Soup Base (200g)	\$ 9.90
GF 0905	Beef Soup Base (200g)	\$ 9.90

30% MOM'S OWN DINNER IDEAS

No category can contain these delicious selections!

IDAHOAN Famous Idaho Grown potatoes!

GF 0951	Idahoan Scalloped Potatoes (577g) A generous family sized serving of a dinner classic! Guaranteed trans fat and gluten free.	\$ 15.90
GF 0952	Red Bean Chili Mix (380g) Just mix with boiling water, and simmer! Add your own extra veggies, and/or meat to create your own delicious recipe. Serves approximately six people.	\$ 9.90
! 0953	Mom's Cheese Sauce (220g) 100% real cheese sauce. mix with water and butter and add to any noodle/pasta dish.	\$ 9.90

40% DRIED GRAINS, BEANS, & LEGUMES **CL**

Combine these ingredients with Mom's Own Chicken or Beef Soup Base for a rich and hearty bowl of your favourite soup.

1101	Pearl Barley (600g)	\$ 6.90
1102	Green Split Peas (600g)	\$ 4.90
1104	Vegetable Flakes (120g)	\$ 5.90
! 1103	Organic 15 Bean & Lentil Soup Mix (600g)	\$ 13.90

ALLERGY ALERT

Our suppliers are extremely careful in the production of our products.

To help lower risk to your family, we no longer carry any products with peanut ingredients.

However, unless otherwise noted, please be aware that our products may contain trace amounts of peanuts, nuts/tree nuts, sesame seeds, milk, egg, and/or wheat. Please use your discretion when ordering.

COLUMN TOTAL

PAGE TOTAL



**IN GOOD TASTE
SPECIALTY DESSERT BARS**

Made using only the finest quality ingredients and no added preservatives

Caramel Bar

Everyone's favourite! A rich shortbread base, decadent caramel filling, topped with a smooth Swedish truffle chocolate.

Sunburst Lemon Square

Tangy Lemon flavour between a shortbread base and topping

Date Square

Wholesome traditional Matrimonial squares

Turtle Oat Square

Chocolate & caramel set between two scrumptious layers of oatmeal bar

Almond Slice

An oatmeal base topped with a Cheery almond topping

Nanaimo Special

This is unquestionably the best Nanaimo bar available on the market today

Pecan Caramel Bars

A pecan candy bar taste on a Shortbread crust

Saskatoon Berry Crumble

Two layers of oatmeal crumble bursting with Saskatoon Berries

\$13.00 per 6" x 8" dessert bar

SPECIALTY CAKES

Turtle Brownies

Our famous Brownies topped with our equally famous caramel filling, pecans and chocolate chips

Carrot Cake & Cream Cheese Icing

From an original family recipe this is the ultimate of carrot cakes. Exceptionally moist with a touch of cinnamon and topped with a smooth cream cheese icing.

Brownies & Chocolate Cream Cheese Icing

A dark chocolate brownie topped with an awesome chocolate cream cheese icing

\$13.00 per 6" x 8" cake

Quinoa Caramel Bar

Our most popular dessert slice now made with quinoa flour. Made using gluten free ingredients, however produced in a facility that uses gluten.

Quinoa Carrot Cake

A twist on our classic family recipe- now made with Quinoa flour. Made using gluten free ingredients, however produced in a facility that uses gluten.

\$14.00 per 6x8 cake

Traditional Christmas Baking

Christmas Fruitcake

Moist & dense with fruit
Perfect for gift giving or home entertaining
454 gram - 1 lb
\$12.00 each

Christmas Pudding

Gloriously fragrant with sweet spices & rum soaked fruit
350 gram - serves 2 - 4
\$12.00 each

Caramel Rum Sauce

A perfect blend of flavours to complement our Christmas Pudding. Also great on ice-cream!
150 ml jar
\$8.00 each

**PRE-PORTIONED
FROZEN COOKIE DOUGH**

Simply arrange frozen Pre-portioned cookies on baking trays and place in a heated oven

Chocolate Chip Deluxe

A soft chewy cookie loaded with chocolate chips

Ginger Melts

A soft melt in your mouth cookie

Double Chocolate Brownie

A chewy chocolate cookie loaded with white chocolate chips

Oatmeal Raisin Cookie

Perfect with a glass of milk!

\$22.00 per bag

4 DOZEN COOKIES PER BAG

POWER COOKIES

This cookie is filled with a whole lot of healthy & wholesome ingredients: cranberries, golden flax seeds, sunflower seeds, coconut, oatmeal and white chocolate chips

\$23.00 per bag

4 DOZEN COOKIES PER BAG

ONE SMART COOKIE

Bursting with goodness: Almond flour, coconut oil, honey, sunflower and pumpkin seeds and cranberries. These cookies do not contain wheat or dairy and contain no added sugar.
A delicious treat!

\$ 27.00 per bag

3 DOZEN COOKIES PER BAG

IN GOOD TASTE BORSCHT

A hearty beetless borscht made with cabbage, potatoes, carrots, tomatoes, peppers, spices, butter and fresh dill.
Heat and Serve. 1.5L
\$16.00

CABBAGE ROLLS

36 rolls per box

Rice Cabbage Rolls \$23.00

Rice & Bacon Cabbage Rolls \$25.00

Rice & Beef Cabbage Rolls \$27.50

PEROGIES

Handmade Perogies
 Potato & Cheddar Cheese - 3 dozen
 \$20.00 per package

CINNAMON BUNS

Thaw, rise & bake. Includes a recipe for sticky bun glaze.
 A great way to enjoy your morning.
 2 dozen cinnamon buns - \$24.00

JUMBO CROISSANTS

One dozen - 2.5 oz croissants per package
 Thaw, rise & bake
 \$12.00 per package

WILD & BROWN RICE PILAF

Enjoy a blend of Saskatchewan Wild Rice, brown rice, cranberries, almonds & spices
 Serves 6 - @ \$12.00 per package

CHICKEN SEASONING MIX

The perfect blend of spices to coat pieces of chicken that will be a crowd pleaser every time - 227 grams
 \$6.00 per package

Chicken Shishliki

A traditional family recipe that involves an in depth marinating process using trimmed chicken drums to create a very unique flavour filled chicken. Great on the BBQ or can be conveniently cooked in the oven.
 \$33 per 3lb bag

Smoked BBQ Pork Ribs

2017 & 2018 Rhythm 'n Ribs Competition Champions!!
 We smoke our award winning back ribs using the 'low and slow' process to create a tender and tasty rib that you can claim as your own. Conveniently pre-cooked, just heat and serve.
 \$28 per rack (approx 800 grams)

A complete list of ingredients can be found on our website:
www.ingoodtastefoods.ca

PRICES VALID UNTIL
 January 31, 2019



Alonsa School
 Travel Club
 Fundraiser

Name	
1. Caramel Bar (6"x8")	\$13.00
2. Sunburst Lemon (6"x8")	\$13.00
3. Date Squares (6"x8")	\$13.00
4. Turtle Oat Squares (6"x8")	\$13.00
5. Almond Slice (6"x8")	\$13.00
6. Nanaimo Special (6"x8")	\$13.00
7. Pecan Caramel Bar (6"x8")	\$13.00
8. Saskatoon Berry Crumble (6"x8")	\$13.00
9. Turtle Brownies (6"x8")	\$13.00
10. Carrot Cake with Cream Cheese Icing (6"x8")	\$13.00
11. Brownies & Choc Cream Cheese Icing (6"x8")	\$13.00
12. Quinoa Caramel Bar (6" x 8")	\$14.00
13. Quinoa Carrot Cake (6"x8")	\$14.00
14. Christmas Fruitcake	\$12.00
15. Christmas Pudding	\$12.00
16. Caramel Rum Sauce	\$8.00
17. Choc Chip Deluxe Cookies (4 dozen)	\$22.00
18. Ginger Melt Cookies (4 dozen)	\$22.00
19. Double Chocolate Brownie Cookies (4 dozen)	\$22.00
20. Oatmeal Raisin Cookies (4 dozen)	\$22.00
21. Power Cookies (4 dozen)	\$23.00
22. One Smart Cookie (3 dozen)	\$27.00
23. In Good Taste Borscht (1,5 L)	\$16.00
24. Rice Cabbage Rolls (36 pieces)	\$23.00
25. Bacon Cabbage Rolls (36 pieces)	\$25.00
26. Beef Cabbage Rolls (36 pieces)	\$27.50
27. Perogies (3 dozen)	\$20.00
28. Cinnamon Buns (2 dozen)	\$24.00
29. Jumbo Croissants (1 dozen)	\$12.00
30. Wild & Brown Rice Pilaf	\$12.00
31. Chicken Seasoning Mix (227 grams)	\$6.00
32. Chicken Shishliki (3lb bag)	\$33.00
33. Smoked BBQ Ribs (approx 800gr rack)	\$28.00
Total Due	

Total Units Sold

Seller's Name: _____
 Phone Number: 767-2168

For more information on In Good Taste Products:
www.ingoodtastefoods.ca or 1-888-597-4654

Total Dollars: \$ _____

Make Cheques Payable to Organization
 Name of Organization: Alonsa School
 Order Deadline: _____

LEST WE FORGET

November 2018

Alonsa School 204-767-2168
www.alonsaschool.ca

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1 Day 3	2 Day 4	3
<div style="border: 1px solid black; padding: 5px;"> <p>LIBRARY SCHEDULE: <u>Pre-School</u> - Thursdays <u>K/1</u> - Days 1 & 3 <u>Gr 2</u> - Days 2 & 4 <u>Gr 3/4</u> - Days 3 & 6 <u>Gr 5/6</u> - Days 2, 4 & 6 <u>Gr 7/8</u> - Day 5</p> </div>				<i>Sr. Divisional Volleyball Girls at McCreary Boys at Glenella (All Day)</i>		
4	5 Day 5	6 Day 6	7 Day 1	8 Day 2	9 Day 3	10
	<i>Jr. Volleyball Alonsa at Glenella (4 PM)</i>		<i>Jr. Varsity Girls Volleyball in Ste. Rose (9 AM-5PM)</i>			
11 <i>Remembrance Day</i> 	12 <i>Professional Development</i> <i>No Classes</i>	13 Day 4	14 Day 5	15 Day 6	16 Day 1	17
			<i>Jr. Volleyball McCreary at Alonsa (4 PM)</i>	<i>Jr. Volleyball Alonsa at Ste. Rose (4 PM)</i>		
18	19 Day 2	20 Day 3	21 Day 4	22 Day 5	23	24
	<i>Report Cards Sent Home (K - Grade 12)</i>	<i>Jr. Volleyball Alonsa at Laurier (4 PM)</i>		<i>Parent-Teacher (5 - 8 PM)</i>	<i>Parent-Teacher (AM) Admin. (PM)</i> <i>No Classes</i>	
25	26 Day 6	27 Day 1	28 Day 2	29 Day 3	30 Day 4	