



PancakeTuesday

Tuesday, February 13th, 2024



In Celebration of the Easter Season, the St. Kateri CSC will be making and serving a special treat of pancakes and syrup on Shrove Tuesday to all staff and students.

****Please note that the pancakes do not replace the lunch time meal, snacks or hot lunch program. Students should still bring a lunch and snacks to school****

If your child has a food allergy or dietary restriction we are able to provide a MADE GOOD Granola Mini's in lieu of pancakes. Please fill in the form below and return to the school By Monday, February 12th. **Only if your child will not be having pancakes.**

We need volunteers! If you are available to help make & serve the pancakes between 9:30am - noon. Please email Kristina @ kristinac@rogers.com

All students will receive pancakes. If your child has a food allergy or dietary restriction. Please fill in below and return to the school by Monday February 12 2024

____Please provide my child with the Made GOOD Granola Mini's **instead of** pancakes for Shrove Tuesday February 13th, 2024

Student Name: _____

Teacher _____ Grade: _____

Pearl Milling Company Complete Original Pancake & Waffle Mix

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), DEXTROSE, NONFAT DRY MILK, PALM OIL, SALT, WHEAT GLUTEN, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, LACTIC ACID, TOCOPHEROLS (TO PRESERVE FRESHNESS).

CONTAINS MILK AND WHEAT INGREDIENTS.

Pearl milling company pancake syrup lite

Ingredients: Liquid Sugar, Water, Cellulose Gum, Salt, Sorbic Acid, Sodium Benzoate, Colour, Sodium Hexametaphosphate, Natural And Artificial Flavour.

Made Good Granola Mini's

Ingredients:

Box 4 x 24g. Pouch 100g.

Pure gluten free oats*, strawberry pieces* (apple juice concentrate*, apple puree*, strawberry puree*, cherry juice concentrate*, apple pectin, strawberry flavour*), cane sugar*, agave nectar*, apples*, sunflower oil*, crisp brown rice*, inulin*, apricots*, tapioca flour*, vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), strawberry flavour*.

Ingredients:

Box 4 x 24g. Pouch 100g.

Pure gluten free oats*, chocolate chips (cane sugar*, cocoa mass*, cocoa butter*, vanilla*), sunflower oil*, cane sugar*, agave nectar*, apples*, crisp brown rice*, inulin*, tapioca flour*, vanilla flavour*, vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms). *Organic