

Thank you for choosing North Dundas Intermediate School

North Dundas
Intermediate
School
www.nddhs.ca

November 2011

Are You Ready for A Tour?

All parents, grandparents and family members of Grade 7 and 8 students are invited to join the students for a

Meet And Greet

Date: Monday November 7, 2011

Time: 6:30—7:30 PM



Students will be taking their families on guided tours through our building. Come see where your child spends their days. Visit the gym, lab, classrooms, library, cafeteria and meet the staff. Let your child be your tour guide!

Progress Reports: Nov. 8th



Progress Reports will be sent home November 8th.

This report gives you a "snapshot" of how your child is progressing at this point in his/her grade's subjects and learning skills.

Students are also assessed on the following learning skills:

Responsibility

Organization

Independent Work

Collaboration

Initiative

Self-Regulation

Learning skills are skills students require in order to be successful in any subject.

If you wish to meet with your child's teacher after you have read over the Progress Report, please feel free to contact your child's teacher(s).

613-448-2328
www.nddhs.ca
To report a child's
absence, press "6"

What About?

Cell phones and electronics: Students are permitted to use cell phones in their free time between classes. Respect and etiquette are expected when communicating with friends. All teachers establish rules for use in their own classrooms.

Hats: Students are permitted to wear hats in hallways, outside and in the cafeteria. Each teacher will establish rules in their classroom for hats. Students will be asked to remove hats for specific events out of respect.

Gum: Students are permitted to chew gum in their free time. Each teacher establishes classroom rules pertaining to gum in class

Rough housing: Students are expected to demonstrate respectful and peaceful behaviour at all times. Similar to our elementary schools, we have a "no hands on" rule in our halls, at lockers and on the playground. This is to ensure everyone's safety.

Students are expected to be respectful of the learning and work environment at all times.

They're Watching Us!



Our children watch us and learn from us everyday. As they grow into adults, they continue to watch and learn. Whether we are in a grocery store, a hockey arena, a restaurant or a school setting, our children are watching how we interact with people and are learning how to behave in the world.

Consider the following. How do your children see you act in the following situations:

- When the TV satellite doesn't work and you miss the hockey game?
- When you forget to pick up milk on your way home?
- When your neighbour has their music too loud and wakes you up?
- When you talk about how your day at work was
- When you lose a sporting event that you were playing?

All of these situations are times when our children are watching and listening. Our words and our actions are powerful models for our children. Our opportunities to teach never end.

At North Dundas Intermediate School, we strive to make sure that all students feel cared for and respected. On a daily basis, I speak with students and we talk about how to manage various situations in a caring, respectful manner. In order for students to feel cared for and respected, they must be able to show care and respect for others. We, the staff at North Dundas Intermediate, take advantage of opportunities during our day to teach students how to be caring and respectful.

What does Caring and Respect Look Like?

- walking past people without hitting them,
- picking up messes they have made in the cafeteria,
- allowing others to play games by established rules
- giving people the opportunity to eat without being bothered
- Walking in the hallways so that everyone has space to move safely

Caring and Respect Sound Like:

- calling people by their proper name,
- Using a voice that allows other to hear and be heard in a classroom setting

- using a caring tone of voice when sharing their opinion
- listening to others when they are speaking,
- allowing everyone to the opportunity to learn by raising hands in classes
- Keeping negative comments or hurtful comments to oneself

"If you cannot say something nice, don't say anything at all"

If we, the parents and teachers of our students don't take advantage of opportunities to teach them how to act in a respectful manner, then who will?

Raising our students is a shared responsibility—ours, yours and theirs.

We are grooming the next generation of citizens of Dundas County.

You are the consumers and customers of Dundas County. How do you want the future lawyers, police officers, hydro workers, store clerks, nurses, doctors, builders, teachers and business owners treating you as their customer? Are we all sharing the responsibility of teaching them the skills they will need for you to be satisfied customers?

Students Invited to INSIDE RIDE



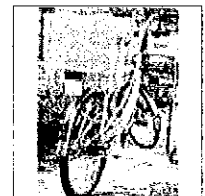
Students in Grades 7-12 are invited to create teams of 6 people for the **INSIDE RIDE**.

INSIDE RIDE is a fundraiser hosted by the Leadership Class to **raise money for childhood cancers**.

Teams will ride fitness bikes in relay team fashion for 90 minutes; one person from each team must be riding at all times. Student teams can be made up of students from Grades 7-12. Teams will create names and can dress up for the event. Our gym will come alive with music and cycling on **November 17th** in the afternoon.

Teams must gather \$300 in pledges in order to participate (it can be \$50 per person if agreed upon by all members).

Students will be bringing home more details, pledge sheets and parental permission waivers.





Intermediate vs Secondary Daily Schedules

Intermediate Schedule

8:15—9:35	Period 1
9:35—9:40	Hall Break
9:40—11:00	Period 2
11:00—11:05	Travel time to cafeteria
11:05—11:45	Lunch & Recess
11:45—1:00	Period 3
1:00—1:05	Hall Break
1:05—2:15	Period 4

Grades 9-12 Schedule

8:15—9:30	Period 1
9:30—9:35	Break
9:35—10:50	Period 2
10:50—11:00	Nutrition Break
11:00—12:15	Period 3
12:15—1:00	Lunch
1:00—2:15	Period 4

Students in Grade 7 and 8 are under the supervision of their classroom teachers or Educational Assistants when moving through the hallways for lunch or outside for recess.

If you are picking your child up during the day or prior to regular dismissal, please let the Office know and your child can meet you at the front of the school.

WHAT WERE STUDENTS DOING AT NDIS IN OCTOBER?

BOYS SOCCER

- Ben Schoones
- Owen Salmon
- Tyson Sherrer
- William Pietersma
- Jack Van Kessel
- Patrick Norris
- Aaron Turcotte
- Bayden Carr
- Brayden Cochrane
- Cory Ross
- Spencer Kelly
- Christian Francis
- Sjoerd Sterkenburgh
- Kevin O'Connor
- Sawyer VandenBosch
- Brodie Barkley



These boys competed in a tournament at St. Mike's in Kemptville on October 19th. After a 0-0 score, they lost by one goal in a shoot out.

Congratulations team! Thank you Miss Thomson for your leadership.

Thank you also to Travis Barkley and Chris Sainsbury who assisted in the coaching and mentoring of the team.

DJEMBE/GUITAR CLUB

- Ashley Harper

- Cullen Thompson
- Shawn Dubue
- Victoria Borgia
- Justin Boyd
- Beth Puddy
- Jessica Harrison
- Liam Wilson
- Ethan Wilson
- Amber Barnett
- Mallory Hutchinson
- Chantal Puenter
- Jade Barnett
- Jessi Zoubelt
- Malerie Paterson
- Jennifer Suttle
- Taylor Zersch
- Jessica Froats
- Kyle Batten
- Brooke Stewart
- Isaac Zollinger
- Mark Yull
- Sophie Reoch



Under the direction of Mr. Boileau, the students took their talents to Chesterville PS on October 14. Our students were well-received and we are so proud of the music they have learned to play in a very short time. Thank you to Mr. Boileau and Mr. Pereira for their leadership.

CROSS COUNTRY REGIONAL MEET OCTOBER 13

- Shaelee St. Marseille (22nd)
- River Johnston (47th)
- Josh Baron (53rd)
- Mark Yull (54th)
- Mackenzie Beaudry (39th)
- Lynette Klein-Boonschate (25)
- Olivia Gibson (23rd)
- Cole McCooye (37th)
- Cody Lake (52nd)
- Sjoerd Sterkenburgh (12th)
- Spencer Kelly (10th)
- Jaime Quinton (21st)
- Megan Derick (27)
- Logan Billings (56th)
- Emily Beach (19th)
- Patricia Barlow (12th)
- Mackenzie Johnston (2nd)

Congratulations to all students. Both the boys and girls teams placed 4th overall at the meet. Individual results from the Brockville championship meet were not available at press time.



WHAT WERE STUDENTS AT NDIS UP TO IN OCTOBER? (Cont'd)

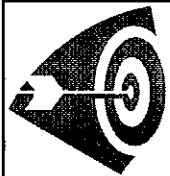
GAMING CLUB (NEW!!)

WHAT IS IT?: Students will play the RTS game Warcraft 3 DOTA against each other and other students across the Upper Canada District School Board.

WHEN: Every Thursday from 2:30—4:00 PM

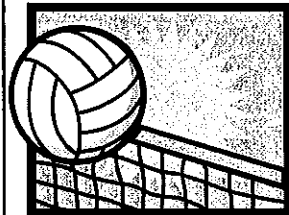
Students will need to arrange for their own transportation home at 4 PM. New students are still welcome to join.

WHO: Christian Vogrig, Alex Proulx, Evan Thompson, Johnathon Harris, Seb Rutherford, Bobby Walker, Alex Hall, Brady Barbeau, Joshua Ekers



ARCHERY CLUB

Twenty-one students have expressed an interest in the Archery Club under the direction of Ms. McNab. It is currently being decided upon which night they will practice.



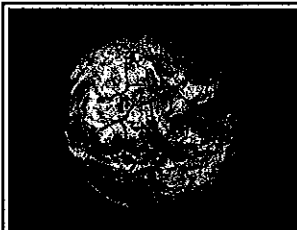
VOLLEYBALL

Girls and boys' volleyball has started under the direction of Ms. Reid. We had a very large turnout of interested players. Please stay tuned for details about upcoming tournaments. Thank you to Ms. Reid for her leadership.

STUDENTS COUNCIL

Students from our Students' Council will be assisting the Secondary students with the Remembrance Day service, being held on Friday November 11 at 8:30 a.m. in our gym. All parents are welcome to join us.

Thank you to our Secondary Students' Council for hosting our Hallowe'en Dance on October 31st. Stay tuned for upcoming events under the direction of Mr. Carr.



ENVIRO CLUB

The Environment Club will be making posters for our Recycling program. This will help all of us remember that paper and cans/plastic need to be separated. We can all do our part to preserve our environment. Thank you to Mrs. Hess for leading this keen group of students.

SCHOOL COUNCIL MEETING

All parents are welcome to attend our October School Council meeting of the 2011-2012 school year.

Dates: Tuesday November 22
Thursday January 12, 2012

Time: 7:00 PM—9:00 PM
Location: Library

Please keep us informed when contact information such as cell phone numbers change. If a child is sick or needs to call home, we only have the information with which we have been provided.



Cafeteria Menu

Please see the attached menu/calendar for choices of food items available to your child each day of the week. Most combos are in the \$5 range. There are vending machines with drinks available.

Staff List for North Dundas Intermediate School

2011-2012

<i>Mrs. Debbie Banks</i>	<i>Principal</i>
<i>Mme. Nicole Touchette</i>	<i>Core French & 7-216</i>
<i>Ms. Jacquie VanderMeer</i>	<i>7-8 226 & 7-216</i>
<i>Mr. Ab Carr</i>	<i>7-218 and 7-211</i>
<i>Mrs. Rhonda Deighton</i>	<i>7-211 and 7-218</i>
<i>Mrs. Gina Reid</i>	<i>8-220 and 8-222</i>
<i>Mrs. Michleine Cloutier</i>	<i>8-222 and 8-220</i>
<i>Mme. Francoise Moise</i>	<i>8-212 and 7-8-226</i>
<i>Ms. Kelsey Thomson**</i>	<i>7-216 and 8-212</i>
<i>Mr. Robert Boileau</i>	<i>Music (Tues & Wed)</i>
<i>Mrs. Kelly Hess</i>	<i>Learning Resource Coach</i>

*** Ms. Thomson is replacing Ms. Daphne Weyermars who is on leave at this time.*

www.nddhs.ca

PARENT SPACE

Attachments this month: Inclement weather procedures & contact numbers
November Calendar with menu on back

1. I would like to receive the monthly newsletter via email. My email address is:

(If you have already responded to Question 1, please ignore. Thanks)

2. Parents' questions, share thoughts, ideas and stories:

3. Student's name: _____

October 24, 2011

**A MESSAGE REGARDING THE TRANSPORTATION OF STUDENTS
DURING INCLEMENT WEATHER**

Dear Parents and Students,

Winter is fast approaching and there may be times when the weather will cause school bus and special vehicle transportation to be disrupted. The Upper Canada District School Board is working cooperatively with bus contractors and our co-terminus Board to ensure that our approach to transportation during inclement weather is coordinated and designed with the safety of students in mind. We have designed systems with Pelmorex/The Weather Network, our co-terminus Board and bus operators in order to receive the most up-to-date information regarding local weather and road conditions. Decisions concerning the cancellation of school bus and special vehicle transportation are made cooperatively based upon this information. Unless otherwise announced, schools will remain **open** for students and staff even if transportation is cancelled.

Announcements regarding the cancellation of school bus and special vehicle transportation will be broadcasted starting at 6:15 a.m. on your local radio station. If transportation is cancelled in the morning, afternoon transportation will **not** operate. Please **do not** call the bus operators. Please listen for the radio announcements.

Students can verify if buses are cancelled by accessing the UCDSB Transportation Department's Web site at www.ucdsb.on.ca/transportation and click on the "Bus Cancellation Status" button or you can call 1-866-629-0629. School bus cancellations will be posted by 6:15 a.m. on inclement weather days.

Winter weather conditions can change rapidly and unpredictably. If roads become impassable during the school day or are judged to be risky, rather than closing schools early, students will be kept at school until either their parents come to pick them up or it becomes safe to resume school bus transportation once again.

Fog

Occasionally fog patches occur. Fog greatly increases the risk that motorists may collide with a stopped vehicle or with a student in the process of crossing a road to board the bus. Consequently, bus drivers have been instructed not to stop in fog patches where visibility is significantly reduced. If a student is not picked up due to foggy conditions, the bus driver will provide the names of those students to the School Principal upon arrival at the school. **We recommend that you do not permit your child to wait for the bus if visibility is significantly reduced by fog.**

Blocked Roads

It is each parent's responsibility to ensure that their child is safely aboard the school bus. Occasionally a road may become blocked and, as a result, the bus may be unable to service sections of a route. If this occurs, the bus driver will communicate the name of each student who was not picked up, to the School Principal, upon arrival at the school.

Parental work schedules in some families may require parents to be away from home before their child leaves for school in the morning and/or when their child arrives home in the afternoon. If this is the case in your family, **please ensure that your child has access to your home or to an approved alternative home where he/she can go in the event of the bus being unable to service your section of the route.**

Mechanical Breakdown

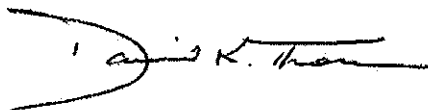
The possibility of a mechanical breakdown of a school bus or special vehicle always exists. This is a particular concern during the winter. **Please ensure that your child is dressed warmly enough to cope with the potential loss of heat due to a mechanical breakdown on the bus.** If mechanical failure occurs, alternative transportation will be arranged as soon as possible. In this circumstance, however, the bus may be late picking up your child in the morning or returning him/her home in the afternoon. Again, in the event that parental work schedules require parents to be away from home before or after school, **please ensure that your child has access to your home or an approved alternative home.**

Parental Responsibility

The Upper Canada District School Board strives to ensure the safe transportation of children. Ultimately, each parent has the right and legal obligation to protect their child. **You may decide to keep your child at home at any time if you feel that it is too risky to have him/her transported to school.**

Your support and cooperation are appreciated as we approach another winter.

Sincerely,



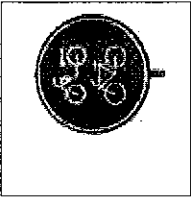
David K. Thomas
Director of Education
Upper Canada District School Board




Radio and TV Stations for Inclement Weather Updates

CFRA – Ottawa 580 AM	CTV – Ottawa (formally CJOH – TV News
Magic 100.3 – Ottawa	ROCK – Cornwall 101.9 FM
BOB FM – Ottawa 93.9 FM	Variety – Cornwall 104.5 FM
TEAM 1200 AM – Ottawa	The Cornwall Daily.com
CKBY – Ottawa 101.1 FM	CKON – St. Regis 97.3 FM
CHEZ – Ottawa 106.1 FM	Wild Country – Malone 96.5 FM (WVNV)
Y-101 – Ottawa 101.1 FM	OLDIES 102.7 FM (WICY)
KISS – Ottawa 105.3 FM	Hits 94.7 FM (WYUL)
Oldies – Ottawa 1310 AM	CBOF – Radio – Canada 90.7 FM
Ontario Morning 99.1 FM	CHPR – Hawkesbury 102.1 FM
CBC – Ottawa 91.5 FM	CJLA – Lachute 104.9 FM
JRFM – Brockville 104.9 FM	Radio NRJ (CKTF) – 94.9 FM
BOB FM – Brockville 103.7 FM	Rouge FM (CIMF) 104.1 FM
WTNY 790 AM	CKOI - 104.7 FM
WCIZ 93.3 FM	101.5 The Fox FM
WFRY 97.5 FM	Mix 96.1 & 1340 WMSA
JACK FM 92.3 FM	OLDIES – Ogdensburg 95.3 FM
Y101 FM 101.1	WBDB 92.7 FM The Border
Fun Time Oldies FM 96, CKWS FM	The Bear 106.9 FM
1310 News	Talk 1400 AM
98.3 FLY FM	CHOD Cornwall 92.1 FM
98.9 The Drive	CHRI – Ottawa Area 99.1 FM
Hot 89.9 FM	CHRI – Cornwall Area 88.1
YES FM Q Country 102.9 FM	Pembroke 100.7 FM
PAC 98.7 FM	Lake 88 (CHLK – FM) Perth
Jewel 107.7 FM Hawkesbury	CTV Morning Live
The Ottawa Citizen will post bus cancellations on their web site: http://www.canada.com/ottawacitizen/index.htm	



November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
DAY indicates DAY number for Cafeteria menu choices	Hallowe'en Dance & Alternate Activities 12:30—2:00 PM 	1 Guitar Club 2:30—4:00 PM DAY 1	2 DAY 2	3 Gaming Club 2:30—4PM DAY 3	4 DAY 4	5
6	7 Meet & Greet 6:30—7:30 PM  DAY 5 Welcome!	8 Progress Reports home Guitar Club 2:30—4:00 PM DAY 6	9 DAY 7	10 Gaming Club 2:30—4PM DAY 1	11 Remembrance Day Service @ 8:30 am  DAY 2	12
13	14 DAY 3	15 Guitar Club 2:30—4:00 PM DAY 4	16 DAY 5	17 INSIDE RIDE Have your teams ready! Gaming Club 2:30 DAY 6	18 DAY 7	19
20	21 DAY 1	22 School Council meeting 7 PM in Library Guitar Club 2:30-4 DAY 2	23 DAY 3	24 Gaming Club 2:30—4 DAY 4	25 DAY 5	26
27	28 DAY 6	29 Guitar Club 2:30—4 PM DAY 7	30 DAY 1	WWW.MIDDLES.CA		



Chartwells School Dining Services

Food Station	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Mexican Lime Fajita: Tortilla stuffed with chicken or beef, sautéed vegetables served with choice of sauce	Trattoria Bowl: Pasta served with 2-3 choices of sauce:	Chicken Bowl: Crispy baked chicken drumsticks, meat and veggies with choice of 3 dipping sauces	Tex-Mex Bowl: Tex-mex rice, lettuce or potatoes topped with a variety of toppings	Asian Noodle Bowl: Steamed vegetables, noodles served with choice of 3 sauces	Perogie Bowl: Perogies served with choice of 2 sauces	Meatball/Turkey Bowl: Served over egg noodles or rice and choice of 2 sauces
	<input type="checkbox"/> WW Pepparoni and WW Vegetarian <input type="checkbox"/> WW or White Hawaiian <input type="checkbox"/> Garlic fingers	<input type="checkbox"/> WW Pepparoni and WW Vegetarian <input type="checkbox"/> WW or White, Tex Mex or White, Tex Mex or White, Tex Mex <input type="checkbox"/> All Green Pizzan	<input type="checkbox"/> WW Pepparoni and WW Vegetarian <input type="checkbox"/> WW or White Ratatouille <input type="checkbox"/> Deluxe Panzarotti	<input type="checkbox"/> WW Pepparoni and WW Vegetarian <input type="checkbox"/> WW / White BBQ Chicken <input type="checkbox"/> Garlic fingers	<input type="checkbox"/> WW Pepparoni and WW Vegetarian <input type="checkbox"/> WW / White 3 Cheese Pepparoni Pizzan	<input type="checkbox"/> WW Pepparoni and WW Vegetarian <input type="checkbox"/> WW or White Ratatouille or White Ratatouille or White Ratatouille <input type="checkbox"/> Chicken <input type="checkbox"/> Chicken	<input type="checkbox"/> WW Pepparoni and WW Vegetarian <input type="checkbox"/> WW or White BBQ Chicken <input type="checkbox"/> Chicken
	<input type="checkbox"/> Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Steak Wrap Jamaican Meat Patty Turkey Sausage	<input type="checkbox"/> Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Steak Wrap Jamaican Meat Patty Turkey Sausage	<input type="checkbox"/> Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Steak Wrap Jamaican Meat Patty Chicken Parmesan Burger	<input type="checkbox"/> Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Steak Wrap Jamaican Meat Patty Turkey Sausage	<input type="checkbox"/> Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Steak Wrap Jamaican Meat Patty Meatball Wrap	<input type="checkbox"/> Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Steak Wrap Jamaican Meat Patty Meatball Wrap	<input type="checkbox"/> Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Steak Wrap Jamaican Meat Patty Meatball Wrap Quesadillas

VALUE COMBO: Combo any Ready Set Deli, Play Bowl or Crust & Stuff featured item + a FRESH SIDE + 250 ml Milk, Juice OR sugar free Fruit Drink for \$4.99.

FRESH SIDE includes choice of fresh fruit, vegetables or whole grains. Options may include: salsa (green, tossed, cream), fruit (fresh, melon, grapes, apples, mandarin), oranges, or other fresh fruit, vegetables, whole wheat flatbread, wedges, with dip, salsa, hummus, whole grain cookie

Seasonal Fresh Fruit Choices: Apples, Pears, Grapes, Clusters, Watermelon, Cantaloupe, Bananas, Oranges

Bakery Selection: Assorted selection of: breakfast cookies, whole grain cookies, cereal squares, granola, buns, muffins/loaves, bagels, brownies

On the Go: variety of choices. See full list of options

Green highlighted items meet the "sell most" nutrition standards and yellow highlighted items meet the "sell less" nutrition standards



Chartwells School Dining Services

Food Station	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pick 3 for \$5: Includes sandwich, potato and 300 ml juice or 250 ml milk BREAK FAST	Mediterranean Burrito Sautéed Potatoes Assorted Sandwiches Assorted Cereals	Blitz Wrap Sautéed Potatoes Assorted Sandwiches Assorted Cereals	Western One-Bowl Meal Sautéed Potatoes Assorted Sandwiches Assorted Cereals	Tex-Mex Breakfast Burrito Sautéed Potatoes Assorted Sandwiches Assorted Cereals	Veggie & Cheese Wrap Sautéed Potatoes Assorted Sandwiches Assorted Cereals	Blitz Wrap Sautéed Potatoes Assorted Sandwiches Assorted Cereals	Tex-Mex Breakfast Burrito Sautéed Potatoes Assorted Sandwiches Assorted Cereals
Morning TOONIE Specials Savour & Save	Chicken Snacker	Pizza Slice	Giant One Bun	Hot Dogs	Small Cheeseburger	Chicken Snacker	Giant One Bun
	Daily Soup	Daily Soup	Daily Soup	Daily Soup	Daily Soup	Daily Soup	Daily Soup
	Wrap n Roll Customized WW or white pita or tortilla: <input type="checkbox"/> Caesar <input type="checkbox"/> Jerk or BBQ <input type="checkbox"/> Greek <input type="checkbox"/> Vegetarian	Grilled Sandwiches Customized with a choice of: <input type="checkbox"/> Assorted breads (WW or white) <input type="checkbox"/> Sliced ham, turkey, beef <input type="checkbox"/> 2 grilled seasonal vegetables <input type="checkbox"/> 2 cheeses <input type="checkbox"/> Assorted condiments	Deli 2 Go Customized with a choice of: <input type="checkbox"/> WW or White Flatbread <input type="checkbox"/> Sliced ham, turkey, beef <input type="checkbox"/> 4 vegetables <input type="checkbox"/> 2 cheeses <input type="checkbox"/> Assorted condiments	Big Pita Customized WW or white pita or tortilla: <input type="checkbox"/> Caesar <input type="checkbox"/> Jerk or BBQ <input type="checkbox"/> Greek <input type="checkbox"/> Vegetarian	Hot Flatbreads Stuffed Flatbread Rolls: <input type="checkbox"/> Nacho <input type="checkbox"/> BBQ Chicken <input type="checkbox"/> Crispy Chicken Caesar <input type="checkbox"/> Bacon (Peameal)	Wild Greens Customized salads with chicken, beef, egg, or cheese and a variety of salad dressings	Deli 2 Go Customized with a choice of: <input type="checkbox"/> WW or White Flatbread <input type="checkbox"/> Sliced ham, turkey, beef <input type="checkbox"/> 4 vegetables <input type="checkbox"/> 2 cheeses <input type="checkbox"/> Assorted condiments

Green highlighted items meet the "sell most" nutrition standards and yellow highlighted items meet the "sell less" nutrition standards