








	High School 2017	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 	
Week 1	Daily Meal \$6.00 Add 0.50 for white milk	BBQ Chicken Flat Bread with a side Salad	Soft Beef Tacos served with Mexican Rice and Corn	Spaghetti With Lean Meat Sauce OR Marinara Sauce, Tossed Salad and Fresh Breadstick	Celebrity Chef Meal  Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China	
Week 2		Pulled Pork on a Kaiser with Potato Sticks and Coleslaw	Chicken Fajita on WW Tortilla with Mexican Rice	Homestyle Lasagna with Caesar Salad and Fresh Baked Roll	Celebrity Chef Meal  Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China	
Week 3		Shepherd Pie with Coleslaw	Sloppy Joe Served with Tomato and Side Salad	Chicken Quesadilla With Mexican Rice and Side Salad	Celebrity Chef Meal  Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China	
<b>Pasta Meal</b> Served with side salad and Bread Stick		Baked Macaroni and Cheese \$6.00	Spaghetti with Meat Sauce or Marinara Sauce \$6.00	Chicken, Broccoli and Cheese Pasta \$6.00	Beef and Macaroni in Tomato Sauce \$6.00	Chicken Fettucine Alfredo \$6.25	
<b>Deli Favourites</b>		6"Philly Steak Sub \$5.75	Pulled Pork Wrap \$6.00	Teriyaki Chicken Wrap \$6.00	6" Pizza Sub \$4.50	Meatball Wrap \$4.75	
		Hamburger Pizza \$3.25	Taco Pizza \$3.25	Panzerotti \$4.75	Saucy Chicken Pizzan \$3.25	Donair Pizza \$3.25	
		<b>Daily Grab &amp; Go</b>	<i>Thai Chicken Wrap</i> \$5.25 Or Build your own Burger just the way you like it!	<i>BLT Wrap</i> \$4.50	<i>Hummus and Veggie Wrap</i> \$3.50	<i>Turkey and cheese on a Kaiser</i> \$5.25	<i>Ham and Cheddar on a Bagel</i> \$5.00

Atlantic Sprout – Avon Valley Greenhouse – Baleman's Market – Belleisle Farms – Green Pig Market – Hillspring Farms – Hilltop market – Miramichi Fiddlehead's – Mountain View Packers – Orchard shade Farms – Raymond Young Vegetable – River Valley Potatoes – Strang's Malden – Stokdijk Greenhouse – Sussex Valley vegetable Farm – Tuddenham Farms - Vital Source Nutrition – W. B. Coburn & Sons – Walker Farm's – Boudreau Meats - Jamieson Beef – Boudreau Meat = Springbrook – Carrefour Beausoleil – Farm Les Dignes – Nature's Route Farm – Farm Pouce Vert Roger Richard – Susan Linkletter – Mr. Tomato – Blueberry Meadows – Terra Beata – Prairie Garden Farm La Fleur De Pmmier – Uris Williams & Fils