

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Sept 5-8 Sept 18-22 Oct 2-6 Oct 16-20 Oct 30- Nov 3 Nov 13-17 Dec. 11-15 Nov 27- Dec 1 Jan 8-12 Jan 22-26	Spaghetti with Lean Meat Sauce and Garlic Bread	Pancakes topped with Berries served with sliced Ham	Chicken Potato Bowl with Mashed Potatoes topped with Diced Chicken, Veggies and Gravy	Homemade Shepherd's Pie Baked Roll	Soft Beef Taco served with Rice and Corn
	<b>Week 2</b>	Sept 11-15 Sept 25-29 Oct 10-13 Oct 23-27 Nov 6-10 Nov 20-24 Dec 4-8 Dec 18-22 Jan 15-19	Homestyle Lasagna with Caesar Salad	Pancakes topped with Berries served with sliced Ham	Hot Chicken Sandwich with Mashed Potatoes or Wedges and Veggies	Macaroni and Cheese with Salad and Fresh Baked Roll
<b>Treat of the day</b>		Apple Slices & Dip \$2.50	Applesauce Brownie \$1.30	Frozen Yogurt \$1.50	Cinnamon Bun \$1.50	Rice Krispie Squares \$1.30

**Every Day Favorites!**

**Pizza (sauce made with fresh local tomatoes), Grilled Cheese, Hamburgers, Grill Chicken Burger, Snack Wraps, Whole Fruit Slush Cups**

Buying Local Fresh Choice and TFA Buy from the following Farmers

Daily Combo's	Chicken Nuggets and Baked Potato Wedges \$5.25	Ham Grilled Cheese with Veggies Dip \$5.00	Pizza Slice with a Frozen Yogurt and Small Milk \$5.00	Chicken Quesadilla with Rice and Veggies \$5.25	Hot Meatballs Sub with Small Milk \$5.00
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<b>Meal Price :</b>	\$5.25
<b>Milk is extra</b>	
<b>Sandwiches:</b>	
Grilled Cheese	\$3.00
Chicken Salad Sandwich	\$3.50
Egg Sandwich	\$3.25
Ham & Cheese Sandwich	\$3.50
6" Ham, Sub	\$3.75
6" Turkey Sub	\$4.25
<b>Drinks:</b>	
250ml White Milk	\$0.50
250ml Choc Milk	\$0.55
Juice Box	\$1.25
Bottled Water	\$1.50
Juice (114ml)	\$0.65
Juice (341ml)	\$1.75
<b>Salads:</b>	
Caesar Salad	\$3.25
Garden Salad	\$3.25
Add Chicken to your salad	\$2.00
<b>Other</b>	
Grilled Chicken Burger	\$3.75
Hamburger	\$3.75
Cheeseburger	\$4.50
Pizza	\$3.00
Chicken Snack Wrap	\$3.25
Veggie Snack Wrap	\$2.25
Soup	\$3.25
<b>Snacks:</b>	
Popcorn (homemade)	\$1.25
Veggies and Dip	\$1.50
Cheese Portion	\$1.25
Low Fat Cookie	\$0.75
Low Fat Muffin	\$1.00
Fresh Fruit	\$1.25
Fruit Cup	\$2.00
Apple Slices w/Dip	\$2.50
Pudding Cup	\$1.75
Baked Chips	\$1.75
Fruit Slush Cup or Frozen Yogurt	\$1.50
Pre-order with easy at <a href="http://www.schoollunchorder.ca">www.schoollunchorder.ca</a>	
Place envelope or baggie with the child's name, class and choice	

# Middle School Menu 2017-2018

## daily price list

**Week 1**

**Week 2**

Menu Dates	Mon	Tue	Wed	Thurs	Fri
Sept 5-8 Sept 18-22 Oct 2-6 Oct 16-20 Oct 30- Nov 3 Nov 13-17 Dec 11-15 Nov 27- Dec 1 Jan 8-12 Jan 22-26	Macaroni and Cheese with Tossed Salad and Fresh Baked Roll	Soft Beef Tacos served with Rice and Corn	BBQ Chicken piece serve with Potato Wedges and Coleslaw	Spaghetti and Meat Sauce with Caesar Salad and Garlic Bread	<b>Pacific Rim Meal</b>  <b>Garlic Flat Bread</b>
Sept 11-15 Sept 25-29 Oct 10-13 Oct 23-27 Nov 6-10 Nov 20-24 Dec 4-8 Dec 18-22 Jan 15-19	 Sweet and Sour Meatballs(made with ground beef and pork), Rice with Stir Fried Veggies	 Pancakes Topped with Fruit served with Ham	 Chicken Quesadilla with Mexican Rice and Veggies	italiano  Macaroni and Ground Beef serve with Garlic Bread or Build your own Burger just the way you like it!	 <b>Pacific Rim Meal</b>  <b>Teriyaki Chicken</b>
<b>Treat of the Day</b>	Apple Slices & Dip \$2.50	Apples Sauce Brownie \$1.30	Frozen Yogurt \$1.50	Cinnamon Bun \$1.50	Rice Krispie Square \$1.30

<b>Daily Meal Price</b>	\$5.25
Milk is extra	
<b>Sandwiches:</b>	
Grilled Cheese	\$3.00
Chicken Salad Sandwich	\$3.50
Egg Sandwich	\$3.25
Ham & Cheese Sandwich	\$3.35
6" Ham Sub	\$3.75
6" Turkey Sub	\$4.25
<b>Drinks:</b>	
250ml White Milk	\$0.50
250ml Choc Milk	\$0.55
Juice Box	\$1.25
Juice (114ml)	\$0.65
Juice ( 341ml)	\$1.75
Bottled Water	\$1.50
<b>Salads:</b>	
Caesar Salad	\$3.25
Garden Salad	\$3.25
Add Chicken to your salad	\$2.00
<b>Other</b>	
Grilled Chicken Burger	\$3.75
Hamburger	\$3.75
Cheeseburger	\$4.50
Pizza	\$3.50
Chicken Snack Wrap	\$3.25
Veggie Snack Wrap	\$2.25
Baked potato fries	\$2.75
<b>Snacks:</b>	
Popcorn (homemade)	\$1.25
Veggies and Dip	\$1.50
Cheese Portion	\$1.25
Low Fat Cookie	\$0.75
Low Fat Muffin	\$1.00
Fresh Fruit	\$1.25
Fruit Cup	\$2.00
Apple Slices w/Dip	\$2.50
Pudding Cup	\$1.75
Baked Chips	\$1.75
Fruit Slush Cup	\$1.50
Chapman's frozen yogurt	\$1.50
Pre-order with ease at	
<a href="http://www.schoollunchorder.ca">www.schoollunchorder.ca</a>	

### Every Day Favorites!








**Pizza (sauce made with fresh local tomatoes), Grilled Cheese, Hamburgers, Grill Chicken Burger, Snack Wraps, Whole Fruit Slush Cups**

Buying Local Fresh Choice and TFA Buy from the following Farmers

**Daily Combo**

Chicken Nuggets serve with Baked Potatoes Wedges and coleslaw \$5.25	Chicken Snack Wrap with Side Salad \$5.25	Ham Grilled Cheese with Veggies Dip \$5.00	Chicken Mashed Potato Bowl with Side Fruit \$5.25	Pizza Slice with Frozen Yogurt and Small Milk \$5.25
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	High School 2017	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
<b>Week 1</b>	<b>Daily Meal \$6.50 Add 0.50 for white milk</b>	Oven Baked BBQ Chicken Flat Bread served with a Side Salad	Sweet and Sour Meatballs over Noodles or Rice served with Sautéed Vegetables	Spaghetti With Lean Meat Sauce, Tossed Salad and Fresh Garlic Bread	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
<b>Week 2</b>		Pulled Pork on a Kaiser with Potato Sticks and Coleslaw	Butter Chicken on a bed of Rice served with Hot Vegetables	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
<b>Week 3</b>		Hot Chicken Sandwich served with Mashed Potatoes and Hot Vegetables	Homemade Shepherd's Pie served with Coleslaw	Soft Beef Tacos served with Mexican Rice and Corn	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 \$6.50	Spaghetti with Meat Sauce or Marinara Sauce \$6.50	Chicken, Broccoli and Cheese Pasta \$6.50	Beef and Macaroni in Tomato Sauce \$6.50	Chicken Fettucine Alfredo \$6.75
<b>Deli Favourites</b> 		6"Philly Steak Sub \$6.00	Beef or CHICKEN Flatza \$4.25	Teriyaki Chicken Wrap \$6.25	Gourmet Grilled Ham & Cheese \$4.25	Hot Meatball Wrap \$4.75
 Buying Local Fresh Choice and TFA Buy from the following Farmers <b>Daily Grab &amp; Go</b>		<b>Hamburger Pizza</b> \$3.50/\$3.75	<b>Taco Pizza</b> \$3.50/\$3.75	<b>Panzerotti</b> \$5.00	<b>Soft Beef Taco</b> \$3.00/\$3.25	<b>Donair Pizza</b> \$3.50/\$3.75
		<i>Thai Chicken Wrap</i> \$5.50 Or Build your own Burger just the way you like it!	<i>BLT Wrap</i> \$4.75	<i>Hummus and Veggie Wrap</i> \$4.00	<i>Butter Chicken Flat Bread</i> \$5.00	<i>Deluxe Tuna Melt on a Bagel</i> \$4.25