






## Middle School Menu 2017-2018

	Menu Dates	Mon	Tue	Wed	Thurs	Fri
<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	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>
<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	 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>Every Day Favorites!</b>						
<b>Pizza (sauce made with fresh local tomatoes), Grilled Cheese, Hamburgers, Grill Chicken Burger, Snack Wraps, Whole Fruit Slush Cups</b>						
<b>Daily Combo</b>	 Buying Local Fresh Choice and TFA Buy from the following Farmers	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

### daily price list

<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>	

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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 – 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 Prmier – Urri Williams & Fils