






Middle School 2017

daily price list

	Menu Dates	Mon	Tue	Wed	Thurs	Fri
Week 1	Feb 6-10 Feb 20-24 Mar 20-24 April 3-7 April 17-21 May 1-5 May 15-19 May 29- June 2 June 12-16	Macaroni and Cheese with Tossed Salad and Fresh Baked Roll Or Build your own Burger just the way you like it!	Soft Beef Tacos with Rice and Corn	Spaghetti and Meat Sauce with Caesar Salad and Fresh Baked Roll	Grilled Cheese serve with Salad or Baked Potato Wedges	Pacific Rim Meal Teriyaki Chicken serve with Fried Rice
	Feb 13-17 Feb 27-Mar 3 Mar 13-17 Mar 27-31 April 10-14 April 24-28 May 8-12 May 22-26 June 5-9 June 19-23	 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 Homemade Lasagna Garlic Breadstick Or Build your own Burger just the way you like it!	 Pacific Rim Meal Cheesy Flat Bread serve with Fried Rice
	Treat of the Day	Apple Slices & Dip \$2.25	Apples Sauce Brownie \$1.50	Frozen Yogurt \$1.25	Cinnamon Bun \$1.50	Rice Krispie Square \$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	Chicken Nuggets and Baked Potatoes Wedges \$5.25	Chicken Snack Wrap with Side Salad \$5.25	Bread Stick and Caesar Salad \$5.00	Chicken Mashed Potato Bowl with Side Fruit \$5.25	Pizza Slice with Frozen Yogurt and Small Milk \$5.25

Daily Meal Price	\$5.25
Milk is extra	
Sandwiches:	
Grilled Cheese	\$2.85
Chicken Salad Sandwich	\$3.50
Egg Sandwich	\$3.00
Ham & Cheese Sandwich	\$3.35
6" Ham Sub	\$3.75
6" Turkey Sub	\$4.25
Drinks:	
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
Salads:	
Caesar Salad	\$3.50
Garden Salad	\$3.30
Add Chicken to your salad	\$1.25
Other	
Grilled Chicken Burger	\$3.75
Hamburger	\$3.75
Cheeseburger	\$4.50
Pizza	\$3.25
Chicken Snack Wrap	\$3.00
Veggie Snack Wrap	\$2.25
Baked potato fries	\$2.50
Snacks:	
Popcorn	\$1.25
Veggies and Dip	\$1.50
Crackers and Cheese	\$2.00
Low Fat Cookie	\$0.65
Low Fat Muffin	\$1.00
Fresh Fruit	\$1.00
Fruit Cup	\$1.75
Apple Slices w/Dip	\$2.25
Pudding Cup	\$1.75
Baked Chips	\$1.50
Fruit Slush Cup	\$1.25
Chapman's frozen yogurt	\$1.25
Pre-order with ease at www.schoollunchorder.ca	



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