








MEDIUM SCHOOL MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|--|
|  Daily each Day as listed | Yogurt Parfaits \$2.25 Breakfast Sandwiches \$3.00 Baked Home Fries/Super Patties \$1.75 Toast | Yogurt Parfaits \$2.25 Breakfast Sandwiches \$3.00 Baked Home Fries/Super Patties \$1.75 Toast | Yogurt Parfaits \$2.25 Breakfast Sandwiches \$3.00 Baked Home Fries/Super Patties \$1.75 Toast | Yogurt Parfaits \$2.25 Breakfast Sandwiches \$3.00 Baked Home Fries/Super Patties \$1.75 Toast | Yogurt Parfaits \$2.25 Breakfast Sandwiches \$3.00 Baked Home Fries/Super Patties \$1.75 Toast |
|  | Daily - Low Fat Muffins \$1.30, Low Fat High Fibre Cookies \$0.60, Home-made Banana Bread \$1.30, Freshly Baked Bread Sticks \$1.30, Cinnamon Bun \$1.30, Apple Sauce Brownies \$1.30, Rice Crispy Squares \$1.30, Bite Sized Pizza Rolls or Pizza Pulls \$1.40 (3-4 varieties daily) | | | | |
|  Daily each Day as listed | Garlic Round \$2.25/\$3.75 3 Cheese Pizza \$2.30 Turkey Pepperoni Pizza \$2.30 | Pulled Pork Pizza \$2.30 3 Cheese Pizza \$2.30 Cheeseburger Pizza \$2.30 | Garlic Round \$2.25/\$3.75 3 Cheese Pizza \$2.30 BBQ Chicken \$2.30 | Turkey Pepperoni Pizza 3 Cheese Pizza \$2.30 Veggie Pizza \$2.30 | Panzarotti \$4.40 3 Cheese Pizza \$2.30 Mexican Pizza \$2.30 |
| WEEK ONE MEALS  \$4.80 for the Meal \$5.25 with White Milk | Trattoria Bowl Spaghetti with Lean Meat sauce Whole Wheat Breadstick | Shepherd's Pie Home-made Shepherd's Pie made with Fresh whipped Potato . Served with WW roll | Hot Turkey Sandwich Freshly Sliced Turkey on a slice of Whole Wheat Bread with Lowfat Gravy and Fresh Mashed Potato | FEATURE THEME MEAL By Demand Theme Meals to be Advertised Ahead | Sloppy Joe Sloppy Joe on a WW Hamburger bun. Served With Mashed Potato |
| WEEK TWO MEALS  \$4.80 for the Meal \$5.25 with White Milk | Trattoria Bowl Zesty Italian Lasagne Whole Wheat Breadstick. Crisp Caesar Salad | Soft Meat Taco Chicken or Beef in a 7" Tortilla with Lettuce, Salsa and cheese. Served with Mexican Rice Seasonal Vegetables | Chicken Pot Pie Home made Chicken Pot Pie with Biscuit Topping Crisp Tossed Salad | Chinese Meal Sweet and Sour Chicken Served on a bed of Rice With Stir Fried Vegetables | Pulled Pork BBQ Pulled Pork on a Kaiser. Served With Rice OR Potato Wedges Seasonal Vegetables |
| BOWLS | Daily (1 Each day): Hot Bowl of Soup \$2.50, Potato (mashed or wedges) or Rice Bowls topped with vegetables & choice of sauce \$3.50, Freshly baked Pasta casserole 5oz \$2.25-\$3.75, or our popular Chili in a Flatbread Bowl \$3.75 | | | | |
|  | DAILY (2-3 Each Day): 3oz Lean Hamburger \$3.75, 3oz Lean Cheeseburger \$4.25, Chicken Burger \$3.50, Chicken Snack Wrap \$3.95, Grilled Cheddar Sandwich \$2.75, Perogies 6-\$2.50, Breaded Chicken Breast Nuggets & Strips \$3.90, and Low Fat Baked Fries or Potato Wedges 4oz \$1.85(2-4 Varieties Daily) | | | | |
|  | Daily Variety of - Yogurt \$1.25, Soup and Crackers \$2.50, Salads \$2.75-\$5.95, Veggie Snack Bags \$2.25, Baked Chips \$1.50, WW Sandwiches \$2.50-\$3.75, Home-made Healthful Desserts, Mini Bite Cookie Bags \$1.50 and Under 3 (salads & fruit that are all under 300cal and \$3) | | | | |