

## Elementary Menu

2016-2017

## daily price list

Meal Price : \$5.25

**Sandwiches:**  
Grilled Cheese \$3.25  
Chicken Salad Sandwich \$3.50  
Egg \$3.00

**Drinks:**  
250ml White Milk \$0.50  
250ml Choc Milk \$0.55  
Juice Box \$1.25  
Bottled Water \$1.50  
Yop (113ml) \$1.25

**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 \$2.95  
Garlic Slice \$2.75  
Chicken Snack Wrap \$3.00  
Veggie Snack Wrap \$2.25

**Snacks:**  
Popcorn \$1.25  
Veggies and Dip \$1.50  
Crackers and Cheese \$2.00  
Fresh Fruit \$1.00  
Fruit Cup \$2.00  
Apple Slices w/Dip \$2.25  
Pudding Cup \$1.75  
Baked Chips \$1.50

Pre-order with ease at  
[www.schoollunchorder.ca](http://www.schoollunchorder.ca)

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Sept. 12-16 Sept. 26-30 Oct. 10-14 Oct. 24-28 Nov. 7-11 Nov. 21-25 Dec. 5-9 Dec. 19-23 Jan. 9-13 Jan. 23-27	Spaghetti with Meatballs and Garlic Bread Stick	Pancakes topped with Berries served with sliced Ham	Chicken Potato Bowl with Mashed Potatoes topped with Diced Chicken, Veggies and Gravy	Soft Beef Taco with Rice and Corn	Sweet & Sour Meatballs with Rice and Corn
Week 2	Sept. 19-23 Oct. 3-7 Oct. 17-21 Oct. 31-Nov. 4 Nov. 14-18 Nov. 28-Dec. 2 Dec. 12-16 Jan. 2-6 Jan. 16-20 Jan. 30-Feb. 3	Creamy Macaroni and Cheese with Veggie Sticks	Pancakes topped with Berries served with sliced Ham	BBQ Chicken Breast with Mashed Potato and Mixed Vegetables	Shepherd's Pie with Carrot Coins	Pizza Grilled Cheese Sandwich with Chicken Noodle Soup
Treat of the day		Apple Slices & Dip	Cookie Applesauce Brownie	Frozen Yogurt	Muffin Cinnamon Bun	Apple Slices & Dip

### Favourites!

Pizza: Tue, Thur, Fri Garlic Fingers: Wed Grilled Cheese, Hamburgers, Chicken Burger, Snack Wraps, Whole Fruit Slush Cups

Daily Combo

Fingers and Baked Potato Wedges \$5.25

Garlic Slice with Caesar Salad \$4.25

Pizza Slice with a Frozen Yogurt and Small Milk \$4.75

Chicken Snack Wrap with Carrots & Dip and Small Milk \$5.00

Breadstick and Caesar Salad \$5.00

## Middle School Menu

2016-2017

## daily price list

Daily Meal Price \$5.25

**Sandwiches:**  
Grilled Cheese \$3.25  
Chicken Salad Sandwich \$3.50  
Egg \$3.00

**Drinks:**  
250ml White Milk \$0.50  
250ml Choc Milk \$0.55  
Juice Box \$1.25  
Bottled Water \$1.50  
Yop (113ml) \$1.25

**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 \$2.95  
Garlic Slice \$2.75  
Chicken Snack Wrap \$3.00  
Veggie Snack Wrap \$2.25

**Snacks:**  
Popcorn \$1.25  
Veggies and Dip \$1.50  
Crackers and Cheese \$2.00  
Fresh Fruit \$1.00  
Fruit Cup \$2.00  
Apple Slices w/Dip \$2.25  
Pudding Cup \$1.75  
Baked Chips \$1.50

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Menu Dates

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Sept. 12-16  
Sept. 26-30  
Oct. 10-14  
Oct. 24-28  
Nov. 7-11  
Nov. 21-25  
Dec. 5-9  
Dec. 19-23  
Jan. 9-13  
Jan. 23-27

Spaghetti and Meat Sauce with Caesar Salad and Garlic Breadstick

Chicken Mashed Potato Bowl with a side of Fruit

Pulled Pork on a Kaiser with Baked Potato Wedges

Soft Beef Tacos with Rice and Corn

Chicken Quesadilla with Rice

Week 2

Sept. 19-23  
Oct. 3-7  
Oct. 17-21  
Oct. 31-Nov. 4  
Nov. 14-18  
Nov. 28-Dec. 2  
Dec. 12-16  
Jan. 2-6  
Jan. 16-20  
Jan. 30-Feb. 3

Macaroni and Cheese with Tossed Salad and Garlic Breadstick

Pancakes Topped with Berries served with Ham

Sloppy Joe with Tomato served with Garden Salad

Sweet and Sour Meatballs with Rice and Stir-fried Veggies

BBQ Chicken Flatbread with Rice

Treat of the Day

Apple Slices & Dip

Cookie Applesauce Brownie

Frozen Yogurt

Muffin Cinnamon Bun

Apple Slices & Dip

### Favourites!

Pizza: Tue, Thur, Fri, Garlic Fingers: Wed, Grilled Cheese, Hamburgers, Chicken Burger, Snack Wraps, Soft Beef Tacos, Perogies, Whole Fruit Slush Cups

Daily Combo

Chicken Fingers and Baked Potato Wedges \$5.25

Garlic Slice with Caesar Salad \$4.25  
Pizza

Lasagna Bowl with Garlic Breadstick \$5.25

Chicken Caesar Flat Bread Wrap With Side Salad \$5.25

Grilled Cheese Sandwich with Soup \$4.75

# High School Menu 2016-2017

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<b>Daily Meal</b> <b>\$6.00</b> Add 0.50 for white milk	Oven Baked Nacho Flat Bread Roll With Side Salad	Chicken Fajita on WW Tortilla with Mexican Rice	Thai Beef Stir Fry with Fresh Vegetables, served on a bed of Vermicelli Rice Noodles	Honey Garlic Chicken served over Rice and Stir Fried Veggies	Chicken Parmesan Served on a bed of Fettucine Noodles Caesar Side Salad
Week 2		Chicken Quesadilla With Mexican Rice and Side Salad	Sweet and Sour Meatballs, served over Noodles or Rice, with Stir Fried Veggies	Hot Chicken with Mashed Potatoes and Veggies	Pulled Pork on a Kaiser with Potato Sticks and Coleslaw	BBQ Chicken Flat Bread with a side Salad
Week 3		Homemade Shepherd's Pie served with Tossed Salad	Chicken Souvlaki Pita topped with Lettuce, Tomato, Onion, Cucumber and Tzatziki Sauce	<b>Featured Special!</b> <b>Check with your cafeteria staff to find out what's next!</b>	Sloppy Joe Served with Tomato and side Salad	Soft Beef or Chicken Tacos served with Mexican Rice and Corn
<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 \$3.35	Garlic Round \$4.50	Panzerotti \$4.75	French Bread Pizza	Donair Pizza \$3.35
<b>Daily Grab &amp; Go</b>		Thai Chicken Wrap \$5.25	BLT Wrap \$4.50	Hummus and Veggie Wrap \$3.50	Turkey and Swiss on a Kaiser \$5.25	Ham and Cheddar on a Bagel \$5.00

A variety of home style soups with fresh and frozen vegetables, low sodium bases, lean meats and loaded with flavor!