



Middle School Menu

2016-2017

daily price list

Daily Meal Price
Milk is extra \$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
Yogurt Drink \$2.00

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
Fruit Slush cup \$1.25

Pre-order with ease at
www.schoollunch.com
order.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	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	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	Macaroni and Cheese with Tossed Salad and Garlic Breadstick	Cookie .65 Applesauce Brownie 1.50	Frozen Yogurt 1.25	Muffin 1.00 Cinnamon Bun 1.50	Apple Slices & Dip 2.25

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

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 or Baked Potato Wedges \$4.75
Daily Combo				