

Blacks Harbour School Chartwells Cafeteria Menu

Jan -June 2020

All items must be pre-ordered the morning of. Online ordering available.

<u>Meal Cost \$6.00</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Jan 6-10 Jan 20-24 Feb 3-7 Feb 17-21 March 9-13 March 23-27 April 6-10 April 20-24 May 4-8 May 18-22 June 1-5 June 15-19	Spaghetti with Homemade Meatballs Fruit of the Day Milk	Pancakes with Ham Slice and side of berries Fruit of the Day Milk	2 Soft Beef Tacos Caesar Salad Fruit of the Day Milk	Homestyle Lasagna Caesar Salad Fruit of the Day Milk	Sweet N' Sour Meatballs severed with Noodles , Veggies Fruit of the Day Milk
Jan 13-17 Jan 27-31 Feb 10-14 Feb 24-28 March 16-20 March 30-April 3 April 13-17 April 27-May1 May 11-15 May 25-29 June 8-12	Homemade Mac & Cheese Veggie Sticks Fruit of the Day Milk	Pancakes with Ham Slices and a side of berries Fruit of the Day Milk	Chicken Alfredo on Noodles Veggies Fruit of the Day Milk	Homemade Shepherd's Pie Fruit of the Day Milk	Grilled Cheese Sandwich Chicken Noodle Soup Fruit of the Day Milk
<u>Alternate Meal:</u> <u>\$6.00</u>	Sliced Ham or Turkey Cheese Crackers Veggie Sticks Cookie Bites Fruit of the Day Milk	Naan Wedges Pizza Sauce Cheese Brownie Fruit of the Day Milk	Pinwheel Ham & Cheese Sandwich Veggie Sticks Rice Krispie Square Fruit of the Day Milk	Naan Wedges Salsa Carrots & Dip Muffin Fruit of the Day Milk	½ Garlic Round Donair Sauce Cucumber Slices Muffin Fruit of the Day Milk

Everyday Options:

Can be made into a meal with choice of veggie sticks or salad/Fruit of the Day & Milk for \$6.00

- Hamburger \$3.50/Cheese Burger \$4.25, Chicken Burger \$4.00, Soft Beef Tacos \$3.00, Chicken Snack Wrap \$3.50, Pizza Slice \$3.00, Garlic Round (Half \$2.75 or Whole Round \$3.50)

Other Options:

- Sandwiches: Grilled Cheese \$3.50, Egg Salad \$3.00, Chicken Salad \$3.00, Turkey Slice Sub \$4.00, Ham & Cheese Sub \$4.00
- Large Caesar Salad \$3.50 or Side Caesar Salad \$2.00
- Wedges or Sweet Potato Fries \$2.50

Drinks:

White Milk \$0.50
Chocolate Milk \$0.55
Juice \$1.50
Water \$1.50

Snacks: (upon availability)

Cookie \$0.75
Yogurt & Berries \$1.25
Frozen Yogurt \$1.25
Brownies \$0.80
Fresh Fruit \$1.00

Fortune Cookie \$0.25
Yogurt Drink \$1.50
Rice Krispie Squares \$1.25
Veggie Sticks \$1.25
Cheese & Crackers \$1.20

Muffin \$1.25
Pudding \$1.25
Chips \$1.50