

Middle School Menu
2017-2018

daily price list

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Sept. 05-08 Sept 18-22 Oct. 02-06 Oct. 16-20 Oct. 30-Nov. 03 Nov. 13-17 Nov. 27-Dec. 01 Dec. 11-15 Jan 08-12 Jan 22-26	Diced Chicken on Bun with Mashed Potatoes and Hot Veggies	Soft Beef Tacos with Rice and Corn	Homestyle Lasagna with Tossed Salad and Fresh Baked Roll	Sliced Baked Ham Potatoes Mixed Vegetables	Chicken Vegetable Stir Fry with Rice and Fortune Cookie
	Sept. 11-15 Sept. 25-29 Oct. 09-13 Oct. 23-27 Nov. 6-10 Nov. 20-24 Dec. 04-08 Dec. 18-22 Jan 15-19	Shepherd's Pie With Carrot Coins	Chicken Fajita with Mexican Rice and Veggies	Cheesy Macaroni Bake with Tossed Salad and Fresh Baked Breadstick	BBQ Chicken with Baked Potato and Seasonal Vegetables	Sweet & Sour Meatballs with Rice and Veggies
Every Day Favourites! Grilled Cheese, Homemade Hamburgers, Grilled Chicken Burger, Snack Wraps, Soft Beef Tacos, Perogies, Whole Fruit Slush Cups						
	Daily Combo	Chicken Nuggets OR Fingers and Baked Potato Wedges \$4.50/\$5.25	Garlic Slice with Caesar Salad \$4.25	Hot Italian Meatball Wrap with Side Salad \$5.50	Pasta Bowl with Breadstick \$5.00	Homestyle Soup with Grilled Cheese \$5.00

Daily Meal Price	\$5.25
Sandwiches:	
Grilled Cheese	\$3.00
Ham & Cheese Sandwich	\$3.50
6" Deli Sub(Ham and Turkey Pepperoni)	\$4.25
Drinks:	
250ml White Milk	\$0.50
250ml Choc Milk	\$0.55
114ml Juice	\$0.65
341ml Can Juice	\$1.75
Bottled Water	\$1.50
Yop (113ml)	\$1.25
Salads:	
Caesar Salad	\$3.50
Garden Salad	\$3.30
Other	
Baked Fries/Wedges	\$2.75
Grilled Chicken Burger	\$3.75
Homemade Hamburger	\$3.75
Homemade Cheeseburger	\$4.50
Pizza Bagel	\$2.95
Pizza Slice(Tuesday, Thursday, Friday)	\$3.50
Garlic Slice (Tuesday)	\$2.75
Daily Snacks:	
Popcorn	\$1.25
Veggies and Dip	\$1.50
Crackers and Cheese	\$2.50
Fresh Fruit	\$1.25
Fruit Cup	\$2.00
Apple Slices w/Dip	\$2.50
Yogurt and Berries	\$2.00
Tuesdays and Thursdays	
Rice Krispie Square	\$1.50
Applesauce Brownie	\$1.50
Muffins(small)	\$1.50
Low Fat Cookie	\$0.65
Mookie	\$0.65
Banana Bread	\$1.50
Bread Stick	\$1.50
Pudding Cup	\$1.75
Baked Chips(2 days)	\$1.50
Cinnamon Bun(small)	\$1.50
Chapman's Frozen Yogurt Cup (Wednesday Only)	\$1.25

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