

Middle School Menu

2016-2017

daily price list

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Feb 6-10 Feb 20-24 Mar 20-24 April 3-7 April 17-21 May 1-5 May 15-19 May 29- June 2 June 12-16	Spaghetti and Lean Meat Sauce with Caesar Salad and Fresh Baked Roll	Soft Beef Tacos with Rice and Corn	Hot Turkey Sandwich with Potatoes, Hot Veggies	Pasta Mexicano with Tossed Salad And Breadstick	Beef Vegetable Stir Fry with Rice
Week 2	Feb 13-17 Feb 27-Mar 3 Mar 13-17 Mar 27-31 April 10-14 April 24-28 May 8-12 May 22-26 June 5-9 June 19-23	Homestyle Lasagna with Tossed Salad and Fresh Baked Roll	Pancakes topped with Berries served with sliced Ham	Chicken Enchilada Bake with Mexican Rice and Corn	Beef, Tomato, Pasta Bake with Salad and Fresh Baked Roll	Sweet and Sour Chicken with Rice and Stir-fried Veggie
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	Cheesy Macaroni with Garlic Breadstick \$5.25	Homestyle Soup with Grilled Cheese \$5.00

Daily Meal Price **\$5.25**

Sandwiches:

- Grilled Cheese \$2.85
- Ham & Cheese Sandwich \$3.50
- 6" Deli Sub(Ham and Turkey Pepperoni) \$3.75

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) \$2.00

Salads:

- Caesar Salad \$3.50
- Garden Salad \$3.30

Other

- Baked Fries/Wedges \$2.50
- Grilled Chicken Burger \$3.75
- Homemade Hamburger \$3.75
- Homemade Cheeseburger \$4.50
- Pizza Bagel (Tuesday, Thursday, Friday) \$2.75
- Pizza Slice(Tuesday, Thursday, Friday) \$3.35
- Garlic Slice (Tuesday) \$2.75

Daily Snacks:

- Popcorn \$1.25
- Veggies and Dip \$1.50
- Crackers and Cheese \$2.00
- Fresh Fruit \$1.25
- Fruit Cup \$1.75
- Apple Slices w/Dip \$2.25
- Yogurt and Berries \$2.00

Tuesdays and Thursdays

- Rice Krispie Square \$1.50
- Applesauce Brownie \$1.50
- Muffins \$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 \$1.50
- Chapman's Frozen Yogurt Cup (Wednesday Only) \$1.25

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