






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	 BBQ Chicken with Mashed Potatoes and Seasonal Vegetables	 Soft Beef Tacos with Rice and Corn	 italiano Homestyle Lasagna with Tossed Salad and Fresh Baked Roll	 Celebrity Chef Meal Meals created just for us by a professional Chef	 Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
	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	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
Every Day Favourites! Grilled Cheese, Homemade Hamburgers, Grilled Chicken Burger, Snack Wraps, Perogies, Whole Fruit Slush Cups						
	Daily Combo	Oven Fired BBQ Chicken Flatbread Roll with Carrot Sticks and Dip \$5.00	Grilled Cheese Sandwich with Homemade Soup of the Day \$4.75	Hot Italian Meatball Wrap With Side Salad \$5.50	Garlic Slice with Crisp Tossed Salad \$4.25	Chicken Nuggets and Baked Potato Wedges \$4.50

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 \$2.75
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 \$1.50
Chapman's Frozen Yogurt Cup (Wednesday Only) \$1.25

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