

## Elementary Menu

2017-2018

## daily price list

|   | Menu Dates  | Monday  | Tuesday   | Wednesday                                   | Thursday  | Friday  |
|---|---|---|---|---|---|---|
| Week 1  | Sept. 05-08<br>Sept 18-22<br>Oct. 02-06<br>Oct. 16-20<br>Oct. 30-Nov. 03<br>Nov. 13-17<br>Nov. 27-Dec. 01<br>Dec. 11-15<br>Jan 08-12<br>Jan 22-26 | Diced Chicken on a Bun with Mashed Potatoes, Hot Veggies    | Soft Beef Tacos with Mexican Rice and Corn                        | No Cafeteria Services due to ½ Teaching Day | Homestyle Lasagna with Caesar Salad                               | Sweet & Sour Meatballs with Rice and Veggie           |
| Week 2  | Sept. 11-15<br>Sept. 25-29<br>Oct. 09-13<br>Oct. 23-27<br>Nov. 6-10<br>Nov. 20-24<br>Dec. 04-08<br>Dec. 18-22<br>Jan 15-19                        | Shepherd's Pie With Carrot Coins                            | Pancakes topped with Berries served with sliced Ham               |   | Cheesy Macaroni Bake with Tossed Salad and Fresh Baked Breadstick | BBQ Chicken with Baked Potato and Seasonal Vegetables |
| <b>Every Day Favourites!</b><br><b>Grilled Cheese, Homemade Hamburgers, Grilled Chicken Burger, Snack Wraps, Whole Fruit Slush Cups</b> |   |   |   |   |   |   |
|   | Daily Combo   | Chicken Snack Wrap with Carrots & Dip and Small Milk \$5.00 | Baked Potato Topped with Taco Meat, Cheese with Side Salad \$5.00 |   | Garlic Slice with Crisp Tossed Salad \$4.25                       | Chicken Nuggets and Baked Potato Wedges \$4.50        |

**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) \$2.00

**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 (Tuesday, Thursday, Friday) \$2.75  
 Pizza Slice(Tuesday, Thursday, Friday) \$3.00  
 Garlic Slice (Friday) \$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 \$1.00  
 Applesauce Brownie \$1.00  
 Muffins(small) \$1.25  
 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

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OR