

High School Menu 2016-2017

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Daily Meal \$6.00 Add 0.50 for white milk	Oven Baked Nacho Flat Bread Roll With Side Salad	Chicken Fajita on WW Tortilla with Mexican Rice	Thai Beef Stir Fry with Fresh Vegetables, served on a bed of Noodles	Pulled Pork on a Kaiser with Potato Sticks and Coleslaw	Breakfast Bowl with Hash Browns, Scrambled Eggs, Cheese and Ham with a side of Fruit
Week 2		Chicken Quesadilla With Mexican Rice and Side Salad	Sweet and Sour Meatballs, served over Noodles or Rice, with Stir Fried Veggies	Hot Chicken Bowl with Mashed Potatoes and Veggies	Honey Garlic Chicken served over Rice and Stir Fried Veggies	BBQ Chicken Flat Bread with a side Salad
Week 3		Homemade Shepherd's Pie served with Tossed Salad	Chicken Souvlaki Pita topped with Lettuce, Tomato, Onion, Cucumber and Tzatziki Sauce	Featured Special! Check with your cafeteria staff to find out what's next!	Chicken Parmesan Wrap with a side Salad	Soft Beef or Chicken Tacos served with Mexican Rice and Corn
Pasta Meal Served with side salad and Bread Stick		Baked Macaroni and Cheese \$6.00	Spaghetti with Meat Sauce or Marinara Sauce \$6.00	Chicken, Broccoli and Cheese Pasta \$6.00	Beef and Macaroni in Tomato Sauce \$6.00	Chicken Fettucine Alfredo \$6.25
Deli Favourites		6"Philly Steak Sub \$5.75	Pulled Pork Wrap \$6.00	Teriyaki Chicken Wrap \$6.00	6" Pizza Sub \$4.50	Meatball Wrap \$4.75
		Hamburger Pizza \$3.35	Garlic Round \$4.50	Panzerotti \$4.75	French Bread Pizza \$2.50	Donair Pizza \$3.35
Daily Grab & Go		Thai Chicken Wrap \$5.25	BLT Wrap \$4.50	Hummus and Veggie Wrap \$3.50	Turkey and Swiss on a Kaiser \$5.25	Ham and Cheddar on a Bagel \$5.00

A variety of home style soups with fresh and frozen vegetables, low sodium bases, lean meats and loaded with flavor!

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