## Welcome to the 2019-2020 School Year!

Our Salad Bar offers lots of variety - lettuce, spinach, broccoli, cauliflower, onions, carrots,

cucumbers, tomatoes, red & green peppers, mushrooms, boiled eggs, cheese, salad topper, croutons & more!

Fruit Cups can include strawberries, blueberries, raspberries, blackberries, grapes, oranges, watermelon, kiwi or pineapple (based on availability).

## We look forward to serving students and staff throughout the year!!

Student Name /Homoroom

## **CCS CAFETERIA SERVICES – SEPTEMBER 2019**

WEEK 1 - September 9 <sup>th</sup> - Septembe	r 13 <sup>th</sup>
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	TUES.	WED.	THURS.	FRI.
	Whole Wheat	Lasagna	Naan Pizza &	Taco Wrap
<u>9</u>	Waffles	Whole Wheat	Garlic Finger	Wedges
Sept. 9 - 1	Turkey Bacon	Roll	Salad Bar	Salad Bar
Sept	Salad Bar/Fruit	Salad Bar/Fruit	Pudding	Fruit
.,	Milk	Milk	Milk	Milk
Week 2 Sept. 16 - 20	Whole Wheat	Shepherd's Pie	Naan Pizza &	Chicken Burger
	Waffles	Whole Wheat	Garlic Finger	Wedges
	Turkey Bacon	Roll	Salad Bar	Salad Bar
ept	Salad Bar/Fruit	Salad Bar/Fruit	Pudding	Fruit
- 05	Milk	Milk	Milk	Milk
	Whole Wheat	Spaghetti	Naan Pizza &	Hamburger or
VV CEK 3 Sept. 23 - 27	Waffles	Whole Wheat	Garlic Finger	Cheeseburger
23	Turkey Bacon	Roll	Salad Bar	Wedges
ept	Salad Bar/Fruit	Salad Bar/Fruit	Pudding	Salad Bar/Fruit
- s	Milk	Milk	Milk	Milk

A hot lunch meal will be provided on **Tuesday, Wednesday, Thursday & Friday** for **\$5.00**.

The Salad Bar is available **Tuesday – Friday** for a cost of \$2.50 for students; \$4.00 for Staff.

Fresh fruit cups are available for \$1.00, **Tuesday – Friday**.

White or chocolate milk is available **daily** for \$0.55.

Wedges will be available every **Friday** for \$2.50.

Please detach and send in the order form at the beginning of each week.

Any questions or comments – please message the *Centreville Home and School* Facebook Page.

	т	OPPING CHO	ICES C	AN BE WRIT	TEN C	ON THE BACK O	FTHIS	FORM	
Tues., Sept. 10 Wed., Sept. 11		White Milk White Milk		Choc. Milk Choc. Milk		Waffles Lasagna		Salad Salad	
Thurs., Sept. 12		White Milk		Choc. Milk		Naan Pizza		Salad	
Fri., Sept. 13 TOTAL COST:	\$	White Milk		Choc. Milk		Taco Wrap		Salad	Wedges
		<b>VEEK 2 - </b> 9	Sep	tember	16 <sup>ti</sup>	<sup>h</sup> - Septem	ber	20 <sup>th</sup>	
Student Name	/Ho	meroom:							
	т	OPPING CHO	ICES C	AN BE WRIT	ΓΕΝ (	ON THE BACK O	F THIS	FORM	
Mon., Sept. 16		White Milk		Choc. Milk					
Tues., Sept. 17		White Milk		Choc. Milk		Waffles		Salad	
Wed., Sept. 18		White Milk		Choc. Milk		Shepherd's Pie		Salad	
Thurs., Sept. 19		White Milk		Choc. Milk		Naan Pizza		Salad	
Fri., Sept. 20		White Milk		Choc. Milk		Chicken Burger		Salad	Wedges
TOTAL COST:	\$								
	V	<b>VFFK 3 - </b> 9	Sep	tember	23r	<sup>d</sup> – Septem	ber	· 27th	
Student Name									
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			010 0						
Mon., Sept. 23		White Milk	$\square$	Choc. Milk					
Tues., Sept. 24	$\square$	White Milk		Choc. Milk	$\square$	Waffles	$\square$	Salad	
Wed., Sept. 25		White Milk		Choc. Milk		Spaghetti		Salad	
Thurs., Sept. 26		White Milk		Choc. Milk		Naan Pizza		Salad	
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Fri., Sept. 27		White Milk		Choc. Milk		Hamburger		Salad	Wedges