

## Elementary Menu

2016-2017

## daily price list

Meal Price : \$6.25

Sandwiches:

- Grilled Cheese \$2.95
- Ham & Cheese Sandwich \$3.60
- 6" Deli Sub(Ham and Turkey Pepperoni) \$4.25

Drinks:

- 250ml White Milk \$0.50
- 250ml Choc Milk \$0.55
- 114ml Juice \$0.65
- Oasis Juice Box \$1.25
- Bottled Water \$1.50
- Yop (113ml) \$1.25

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 \$2.75
- Pizza Slice(Tuesday, Thursday, Friday) \$2.95
- 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 \$1.00
- Applesauce Brownie \$1.00
- Muffins(small) \$1.00
- Low Fat Cookie \$0.65
- Mookie \$0.65
- Banana Bread \$1.50
- Bread Stick \$1.50
- Pudding Cup \$1.75
- Baked Chis(2 days) \$1.50
- Cinnamon Bun \$1.50
- Chapman's Frozen Yogurt Cup (Wednesday Only) \$1.25

At FMS, students pre-order in the cafeteria in the morning before classes. Parents may also call Norma in the cafeteria at 392-5160 to make arrangements when lunch or hot lunch money is forgotten.

Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>					
Sept. 12-16 Sept. 26-30 Oct. 10-14 Oct. 24-28 Nov. 7-11 Nov. 21-25 Dec. 5-9 Dec. 19-23 Jan. 02-06 (Closed) Jan. 16-20 Jan. 30-Feb. 3	Spaghetti with Meatballs and Fresh Baked Roll	Pancakes topped with Berries served with sliced Ham	Chicken Potato Bowl with Mashed Potatoes topped with Diced Chicken, Veggies and 1oz Gravy	Soft Beef Taco with Rice and Corn	Sweet & Sour Meatballs with Rice and Corn
<b>Week 2</b>					
Sept. 19-23 Oct. 3-7 Oct. 17-21 Oct. 31-Nov. 4 Nov. 14-18 Nov. 28-Dec. 2 Dec. 12-16 Dec. 26-30(Closed) Jan. 9-13 Jan. 23-27	Creamy Macaroni and Cheese with Veggie Sticks	Pancakes topped with Berries served with sliced Ham	Hot Hamburger Sandwich with Mashed Potatoes, Vegetables and 1oz Gravy	Shepherd's Pie with Carrot Coins	Pizza Grilled Cheese Sandwich with Chicken Noodle Soup

**Every Day Favourites!**  
Grilled Cheese, Homemade Hamburgers, Grilled Chicken Burger, Snack Wraps, Whole Fruit Slush Cups

Daily Combo	Chicken Nuggets OR Fingers and Baked Potato Wedges	Garlic Slice with Caesar Salad	Pizza Slice with a Frozen Yogurt and Small Milk	Breadstick and Caesar Salad	Chicken Snack Wrap with Carrots & Dip and Small Milk
\$4.50/\$5.25	\$4.25	\$4.75	\$5.00	\$5.00	\$5.00