

Middle School Menu  
2016-2017

daily price list

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 and Meat Sauce with Caesar Salad and Fresh Baked Roll	Soft Beef Tacos with Rice and Corn	Pulled Pork on a Kaiser with Baked Potato Wedges and Carrot Sticks	Ham and Cheddar Breakfast Sandwich on a Bagel Served with a Fresh Fruit Cup.	Chicken Quesadilla with Rice and Carrots
<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	Macaroni and Cheese with Tossed Salad and Fresh Baked Roll	French Bread Pizza Side Salad Caesar or Garden Salad	Chicken Mashed Potato Bowl with a side of Fruit	Sweet and Sour Meatballs with Rice and Stir-fried Veggies	BBQ Chicken Flatbread with Rice

**Grilled Cheese, Homemade Hamburgers, Grilled Chicken Burger, Snack Wraps, Soft Beef Tacos, Perogies, Whole Fruit Slush Cups**

Every Day Favourites!

Daily Combo	Chicken Nuggets OR Fingers and Baked Potato Wedges \$4.50/\$5.25	Garlic Slice with Caesar Salad \$4.25	Chicken Caesar Flat Bread Wrap with Side Salad \$5.25	Lasagna Bowl with Garlic Breadstick \$5.25	Pizza Grilled Cheese Sandwich with Soup or Baked Potato Wedges \$4.75
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Daily Meal Price

\$5.25

**Sandwiches:**  
 Grilled Cheese \$2.85  
 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  
 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 \$2.50  
 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 \$1.50  
 Applesauce Brownie \$1.50  
 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 Bunt \$1.50  
 Chapman's Frozen Yogurt Cup (Wednesday Only) \$1.25

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