



## Elementary Menu

2017-2018

## daily price list

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Sept. 05-08 Sept 18-22 Oct. 02-06 Oct. 16-20 Oct. 30-Nov. 03 Nov. 13-17 Nov. 27-Dec. 01 Dec. 11-15 Jan 08-12 Jan 22-26	Diced Chicken on Bun with Mashed Potatoes and Hot Veggies	Soft Beef Tacos with Mexican Rice and Corn	Homestyle Lasagna with Caesar Salad and Garlic Bread	Sliced Baked Ham Potatoes Mixed Vegetables	Shepherd's Pie With Carrot Coins
	Sept. 11-15 Sept. 25-29 Oct. 09-13 Oct. 23-27 Nov. 6-10 Nov. 20-24 Dec. 04-08 Dec. 18-22 Jan 15-19	Spaghetti with Lean Meat Sauce, Crisp Salad and Roll	2 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	Sweet & Sour Meatballs with Rice and Veggies

### Every Day Favourites!

Grilled Cheese, Homemade Hamburgers, Grilled Chicken Burger, Snack Wraps, Whole Fruit Slush Cups

Daily Combo	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Snack Wrap with Carrots & Dip and Small Milk \$5.00	Grilled Cheese Sandwich with Homemade Soup of the Day \$4.75	Pizza Slice with a Frozen Yogurt and Small Milk \$4.75	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  
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 \$2.75  
Grilled Chicken Burger \$3.75  
Homemade Hamburger \$3.75  
Homemade Cheeseburger \$4.50  
Pizza Bagel \$2.75  
Pizza Slice(Tuesday, Thursday, Friday) \$3.00  
Garlic Slice (Tuesday) \$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(small) \$1.00  
Chapman's Frozen Yogurt Cup (Wednesday Only) \$1.25

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