



	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Meals Week 1	September 11-15 September 25 - 29 October 9 - 13 October 23 - 27 November 6 - 10 November 20 -24 December 4 - 8 December 18 -22 January 15 - 19 January 29 - Feb. 2 February 12 - 16 Feb. 26 - March 2	Burger (Chicken or Beef) topped the way you want it. Served with Caesar Salad	Soft Beef Taco Served with Rice and Corn	Spaghetti and Meat Sauce with Caesar Salad OR Garlic Breadstick	BBQ Chicken Drumsticks Served with Mashed Potato and side veggies	3 Cheese Pizza Slice Served with Salad and Low fat Cookie Today also Pacific Rim Meal \$6.00
	September 18-22 October 2 - 6 October 16-20 Oct. 30 - Nov. 3 November 13 - 17 November 27 - Dec 1 December 11 - 15 January 8 - 12 January 22 - 26 February 5 - 9 February 19 - 23 March 5 - 9	Chicken Tatter Bowl (Mashed Potato, Chicken, corn and Gravy in a bowl)	Chicken Quesadilla served with Rice	Lasagna with Garlic Breadstick OR Side Salad	Ham and Cheese Breakfast Sandwich served with a Fresh Fruit Salad	BBQ Chicken Pizza Slice Served with Salad and Low fat Cookie Today also Pacific Rim Meal \$6.00
Every Day Favorites! Pizza Slice \$3.50, Grilled Cheese \$3.00, Home made Hamburgers \$3.00, Whole Fruit Slush Cups \$1.50						
Every Week	Daily Combo \$5.00	Gourmet Grilled Cheese Sandwich Homemade Soup and ICEE Juice Cup	Taco Baked Potato with Side Garden Salad and 200ml Juice	3 Cheese pizza Slice, served with Caesar Salad and ICEE Juice cup	Baked Chicken Nuggets with Baked Potato Wedges and 200ml Juice	Garlic Wedge with Side Salad and ICEE Juice Cup
	Soup/Salad/Sandwich/Wrap Combo \$4.50	½ BLT Wrap with Dill Pickle Pasta Salad	Egg Salad Sandwich with Home made soup of the day	½ Ham and Cheddar Wrap with Side Pasta Salad	½ Turkey and Cheddar Wrap with Home Made Soup of the Day	Chicken Salad Sandwich with Home made Soup of the Day

Daily Meal with Milk and Juice	\$4.75
Sandwiches (Pre order)	
Egg Salad Sandwich	\$3.25
Chicken Sandwich	\$3.50
Ham & Cheese Sandwich	\$3.50
6" Turkey Sub	\$4.25
6" Ham or Deli Sub	\$3.75
Chicken Snack Wrap	\$3.25
Sandwich Wraps	\$3.50-\$5.00
Drinks (Daily):	
White Milk 250ml/500ml	\$0.40/\$0.80
Chocolate Milk 250ml/500ml	\$1.80/\$2.85
Juice 200ml/340ml	\$1.25/\$1.75
Water 500ml/591ml	\$1.50/\$2.00
Salads:	
Caesar Salad	\$3.25
Garden Salad	\$3.25
Pasta Salad	\$3.50
Once Item a day assortment:	
7" Garlic Fingers w. Sauce	\$4.25
Chicken Parmesan Wrap	\$4.50
Chicken Burger /WW Bun	\$4.00
4oz Chicken Fingers w/Dip	\$4.50
Small Baked Fries/Wedges	\$2.75
Snacks assortment:	
Veggie sticks w. Dip	\$1.50
Fruit Kabob	\$2.50
Low Fat Cookie	\$0.75
Breadsticks	\$1.50
Cinnamon Bun	\$1.50
Rice Krispy Square	\$0.80
Reduced Fat Banana Loaf	\$1.50
Small Low Fat Muffins	\$1.00
Yogurt 100g	\$1.25
Fruit Cup (3oz)	\$2.00
Yogurt and Berry Cup	\$2.00
Pudding Cup (180ml)	\$1.75
Fruit Smoothie (8oz)	\$2.25
Frozen Yogurt cup (115ml)	\$1.50

Pre-order with ease at www.schoollunchorder.ca
OR
Visit www.zipthru-card.ca to put money on a reloadable card for use in Cafe