






High School 2019-2020		Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
Week 1	Daily Meal \$7.00 Includes Milk	Butter Chicken on a Bed of Rice and Served With Roasted Vegetables and Naan Bread Fruit of the Day	Beef Enchilada Mexican Rice Corn and Fruit of the Day	House Made Shepherd's Pie With Side Garden Salad and Roll Apple Crisp	Mac and Beef Pizza Cups with Assorted Greens, and Fruit of the Day	Sweet and Sour Pineapple Pork or Chicken on Rice with Veggies and Fruit of the Day
		Hot Chicken Sandwich Mashed Potatoes Hot Vegetables and Gravy Fruit of the Day	2 Stuffed Taco's with Beef or Chicken Choice of Lettuce, Tomato and Cheese) With Mexican Cheese Fruit of the Day	Chicken Fettuccini Alfredo with Caesar Salad and Fruit of the Day	Buffalo Chicken Flatbread With Side of Veggies Fruit of the day	Teriyaki Beef and Vegetables served with Steamed Noodles and Fortune Cookie Fruit of the Day
		Pulled Pork on a Bun with Summer Salad topped with Berries	Chicken Fajita Mexican Rice Side Salad topped with Berries	Homemade Meat or Vegetable Lasagna with Caesar Salad and Fruit of the Day	Savoury Chicken Pot Pie with Salad and Fresh Baked Roll Fruit of the Day	Chicken or Vegetable Lo Mein with Rice and Fruit of the Day
Pasta Meal Served with a Side Salad and Fruit of the Day		Baked Macaroni and Cheese	Spaghetti with Meat Sauce or Marinara Sauce	Fettuccini Alfredo	Beef and Macaroni in Tomato Sauce	Chicken, Broccoli and Cheese Pasta
Available Daily		Pizza Slice Homemade Hamburger, Chicken Breast, Grilled Chicken Snack or Soft Beef Taco served with Veggie Sticks Or Garden Salad and Fruit				
		Meals made with Whole Grain and Enriched White Products, Meats and Vegetables are Local NB Products!				