



# 2020

## Elementary-Middle Menu

## Give Us a Try

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> <b>Oct 12-16</b> <b>Oct 26-30</b> <b>Nov 9-13</b> <b>Nov 23-27</b> <b>Dec 7-11</b>	Spaghetti with Lean Meat Sauce or Marina Sauce, with Caesar Salad, Fruit of the Day	Chicken Strips, Mashed Potato & Hot Veggies with Side of Fruit	<u>Lunchables</u> 6 Pinwheel Ham and Cheese Sandwiches Veggie Sticks Mini Rice Krispie Square Fruit of the Day	Hamburger with Baked Potato Wedges or Veggie Sticks & Dip and Side of Fruit	<u>Lunchables</u> 4 Garlic Breadsticks Pizza Sauce Cucumber Slices Mini muffin Fruit of the Day

Daily: Pizza, Hamburger, Chicken Burger, Soft Beef Tacos, Snack Wraps

<b>Week 2</b> <b>Oct 5-9</b> <b>Oct 19-23</b> <b>Nov 2-6</b> <b>Nov 16-20</b> <b>Nov 30-Dec 4</b> <b>Dec 14-18</b>	Vegetarian or Meat Lasagna with Tossed Salad	Homemade Pancakes topped with Berries, with or without Ham Slice, Cucumber Slices	2 Soft Taco Filled With Beef, with Tossed Garden Salad Fruit of the Day	Chicken Burger, Baked Wedges or Veggie Sticks & Dip	<u>Lunchables</u> Naan Wedges Pizza Sauce Pepperoni Slices Shredded Cheese Mini Brownie Fruit of the Day
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Daily: Pizza, Hamburger, Chicken Burger, Soft Beef Tacos, Snack Wraps

Yogurt cup \$1.50  
 Yogurt&berries \$2.50  
 Chicken soup \$3.00  
 Grilled ham &cheese \$4.00

<b>Meal Price :</b>	\$6.00
Includes Milk/ch milk	
<b>Sandwiches:</b>	\$6.05
Grilled Cheese	\$3.50
Chicken Salad Sandwich	\$3.75
Egg	\$3.75
<b>Drinks:</b>	
250ml Milk	
Bottled Water	\$0.55
Frozen Juice Cup	\$1.50
Juice Boxes	\$1.50
	\$1.25
<b>Salads:</b>	
Caesar Salad	
Garden Salad	\$3.85
Add Chicken to your salad	\$3.85
	\$1.25
<b>Other</b>	
Pizza	
Chicken Burger	\$3.50
Hamburger	\$4.25
CheeseBurger	\$4.00
Snack Wraps	\$4.75
<b>Ham&amp;cheese subs</b>	\$3.75
<b>Snacks:</b>	\$4.75
Veggies and Dip	
Crackers & Cheese	\$1.50
Fresh Fruit	\$1.75
Fruit Cup	\$1.25
Apple Slices w/Dip	\$2.25
Pudding Cup	\$3.00
Homemade Cookie	\$2.00
Homemade Muffin	\$0.75
Homemade Banana Bread	\$1.50
	\$1.50



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