

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Sept 5-8 Sept 18-22 Oct 2-6 Oct 16-20 Oct 30- Nov 3 Nov 13-17 Dec. 11-15 Nov 27- Dec 1 Jan 8-12 Jan 22-26	Spaghetti with Lean Meat Sauce and Garlic Bread	Pancakes topped with Berries served with sliced Ham	Chicken Potato Bowl with Mashed Potatoes topped with Diced Chicken, Veggies and Gravy	Homemade Shepherd's Pie Baked Roll	Soft Beef Taco served with Rice and Corn
	Sept 11-15 Sept 25-29 Oct 10-13 Oct 23-27 Nov 6-10 Nov 20-24 Dec 4-8 Dec 18-22 Jan 15-19	Homestyle Lasagna with Caesar Salad	Pancakes topped with Berries served with sliced Ham	Hot Chicken Sandwich with Mashed Potatoes or Wedges and Veggies	Macaroni and Cheese with Salad and Fresh Baked Roll	Sweet and Sour Meatballs (made with ground beef and pork), with Rice and Veggies
	Treat of the day	Apple Slices & Dip \$2.50	Applesauce Brownie \$1.30	Frozen Yogurt \$1.50	Cinnamon Bun \$1.50	Rice Krispie Squares \$1.30

Every Day Favorites!

Pizza (sauce made with fresh local tomatoes), Grilled Cheese, Hamburgers, Grill Chicken Burger, Snack Wraps, Whole Fruit Slush Cups

Buying Local Fresh Choice and TFA Buy from the following Farmers

Daily Combo's	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Nuggets and Baked Potato Wedges \$5.25	Ham Grilled Cheese with Veggies Dip \$5.00	Pizza Slice with a Frozen Yogurt and Small Milk \$5.00	Chicken Quesadilla with Rice and Veggies \$5.25	Hot Meatballs Sub with Small Milk \$5.00

Meal Price :	\$5.25
Milk is extra	
Sandwiches:	
Grilled Cheese	\$3.00
Chicken Salad Sandwich	\$3.50
Egg Sandwich	\$3.25
Ham & Cheese Sandwich	\$3.50
6" Ham, Sub	\$3.75
6" Turkey Sub	\$4.25
Drinks:	
250ml White Milk	\$0.50
250ml Choc Milk	\$0.55
Juice Box	\$1.25
Bottled Water	\$1.50
Juice (114ml)	\$0.65
Juice (341ml)	\$1.75
Salads:	
Caesar Salad	\$3.25
Garden Salad	\$3.25
Add Chicken to your salad	\$2.00
Other	
Grilled Chicken Burger	\$3.75
Hamburger	\$3.75
Cheeseburger	\$4.50
Pizza	\$3.00
Chicken Snack Wrap	\$3.25
Veggie Snack Wrap	\$2.25
Soup	\$3.25
Snacks:	
Popcorn (homemade)	\$1.25
Veggies and Dip	\$1.50
Cheese Portion	\$1.25
Low Fat Cookie	\$0.75
Low Fat Muffin	\$1.00
Fresh Fruit	\$1.25
Fruit Cup	\$2.00
Apple Slices w/Dip	\$2.50
Pudding Cup	\$1.75
Baked Chips	\$1.75
Fruit Slush Cup or Frozen Yogurt	\$1.50
Pre-order with easy at www.schoollunchorder.ca	
Place envelope or baggie with the child's name, class and choice	

Middle School Menu 2017-2018

daily price list

Daily Meal Price \$5.25

Milk is extra

Sandwiches:
 Grilled Cheese \$3.00
 Chicken Salad Sandwich \$3.25
 Egg Sandwich \$3.35
 Ham & Cheese Sandwich \$3.75
 6" Ham Sub \$4.25
 6" Turkey Sub \$4.25

Drinks:
 250ml White Milk \$0.50
 250ml Choc Milk \$0.55
 Juice Box \$1.25
 Juice (114ml) \$0.65
 Juice (341ml) \$1.75
 Bottled Water \$1.50

Salads:
 Caesar Salad \$3.25
 Garden Salad \$3.25
 Add Chicken to your salad \$2.00

Other
 Grilled Chicken Burger \$3.75
 Hamburger \$3.75
 Cheeseburger \$4.50
 Pizza \$3.50
 Chicken Snack Wrap \$3.25
 Veggie Snack Wrap \$2.25
 Baked potato fries \$2.75

Snacks:
 Popcorn (homemade) \$1.25
 Veggies and Dip \$1.50
 Cheese Portion \$1.25
 Low Fat Cookie \$0.75
 Low Fat Muffin \$1.00
 Fresh Fruit \$1.25
 Fruit Cup \$2.00
 Apple Slices w/Dip \$2.50
 Pudding Cup \$1.75
 Baked Chips \$1.75
 Fruit Slush Cup \$1.50
 Chapman's frozen yogurt \$1.50

Pre-order with ease at
www.schoollunchorder.ca

chartwells

	Menu Dates	Mon	Tue	Wed	Thurs	Fri
Week 1	Sept 5-8 Sept 18-22 Oct 2-6 Oct 16-20 Oct 30- Nov 3 Nov 13-17 Dec 11-15 Nov 27- Dec 1 Jan 8-12 Jan 22-26	Macaroni and Cheese with Tossed Salad and Fresh Baked Roll	Soft Beef Tacos served with Rice and Corn	BBQ Chicken piece serve with Potato Wedges and Coleslaw	Spaghetti and Meat Sauce with Caesar Salad and Garlic Bread	Pacific Rim Meal Garlic Flat Bread
	Sept 11-15 Sept 25-29 Oct 10-13 Oct 23-27 Nov 6-10 Nov 20-24 Dec 4-8 Dec 18-22 Jan 15-19	Sweet and Sour Meatballs(made with ground beef and pork), Rice with Stir Fried Veggies	Pancakes Topped with Fruit served with Ham	Chicken Quesadilla with Mexican Rice and Veggies	italiano Macaroni and Ground Beef serve with Garlic Bread or Build your own Burger just the way you like it!	Pacific Rim Meal Teriyaki Chicken
	Treat of the Day	Apple Slices & Dip \$2.50	Apples Sauce Brownie \$1.30	Frozen Yogurt \$1.50	Cinnamon Bun \$1.50	Rice Krispie Square \$1.30

Every Day Favorites!

Pizza (sauce made with fresh local tomatoes), Grilled Cheese, Hamburgers, Grill Chicken Burger, Snack Wraps, Whole Fruit Slush Cups

Daily Combo

Chicken Nuggets serve with Baked Potatoes Wedges and coleslaw \$5.25







Chicken Snack Wrap with Side Salad \$5.25

Ham Grilled Cheese with Veggies Dip \$5.00

Chicken Mashed Potato Bowl with Side Fruit \$5.25

Pizza Slice with Frozen Yogurt and Small Milk \$5.25

Buying Local Fresh Choice and TFA Buy from the following Farmers

	High School 2017	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
Week 1	Daily Meal \$6.50 Add 0.50 for white milk	Oven Baked BBQ Chicken Flat Bread served with a Side Salad	Sweet and Sour Meatballs over Noodles or Rice served with Sautéed Vegetables	Spaghetti With Lean Meat Sauce, Tossed Salad and Fresh Garlic Bread	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
Week 2		Pulled Pork on a Kaiser with Potato Sticks and Coleslaw	Butter Chicken on a bed of Rice served with Hot Vegetables	Homestyle Lasagna with Caesar Salad and Fresh Baked Roll	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
Week 3		Hot Chicken Sandwich served with Mashed Potatoes and Hot Vegetables	Homemade Shepherd's Pie served with Coleslaw	Soft Beef Tacos served with Mexican Rice and Corn	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
Pasta Meal Served with side salad and Bread Stick		Baked Macaroni and Cheese \$6.50	Spaghetti with Meat Sauce or Marinara Sauce \$6.50	Chicken, Broccoli and Cheese Pasta \$6.50	Beef and Macaroni in Tomato Sauce \$6.50	Chicken Fettucine Alfredo \$6.75
Deli Favourites 		6" Philly Steak Sub \$6.00	Beef or CHICKEN Flatza \$4.25	Teriyaki Chicken Wrap \$6.25	Gourmet Grilled Ham & Cheese \$4.25	Hot Meatball Wrap \$4.75
Hamburger Pizza \$3.50/\$3.75		Taco Pizza \$3.50/\$3.75	Panzerotti \$5.00	Soft Beef Taco \$3.00/\$3.25	Donair Pizza \$3.50/\$3.75	
Daily Grab & Go		Thai Chicken Wrap \$5.50 Or Build your own Burger just the way you like it!	BLT Wrap \$4.75	Hummus and Veggie Wrap \$4.00	Butter Chicken Flat Bread \$5.00	Deluxe Tuna Melt on a Bagel \$4.25

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Fresh Choice
and TFA Buy
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following
Farmers