

	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	Sweet & Sour Meatballs with Rice and Corn	Pancakes topped with Berries served with sliced Ham	Salad Bar Day \$3.50	Chicken Caesar Salad with Fresh Roll	Lasagna Bowl with Fresh Roll
	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	Spaghetti with Meatballs and Fresh Garlic Bread or Spaghetti Meatballs Wrap Cub Crush Smoothie \$2.25	Pancakes topped with Berries served with sliced Ham Strawberry Bananas Smoothie \$2.25	Salad Bar Day \$3.50 Fuzzy Peach Smoothie \$2.25	Sloppy Joe served with Baked Wedges and Corn Blueberry Dazzler Smoothie \$2.25	Grilled Chicken Burger with side Caesar Salad Funky Monkey Smoothie \$2.25

Every Day Favourites!

Grilled Cheese, Homemade Hamburgers, Grilled Chicken Burger, Snack Wraps, Pizza made with Fresh Tomatoes Sauce

Daily Combo	Chicken Nuggets and Baked Potato Wedges \$5.25	Taco Salad with Milk \$5.00	Pizza Slice with a Frozen Yogurt and Small Milk \$5.00	Chicken Quesadilla with Milk \$5.00	Grilled Ham & Cheese Sandwich with Soup or Baked Potato Wedges \$5.25
-------------	--	-----------------------------	--	-------------------------------------	---

Meal Price :	\$5.25
Milk is extra	
Sandwiches:	
Tuna Melt Bagel	\$4.00
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
Smoothie	\$2.25
Salads:	
Caesar Salad	\$3.25
Garden Salad	\$3.25
Add Chicken to your salad	\$2.00
Add egg to salad	\$1.00
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
Pizza Bagel	\$3.00
Snacks:	
Popcorn	\$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 ease at	
www.school lunchorder .ca	
Place envelope or baggie with the child's name, class and choice	