

Quispamsis MIDDLE SCHOOL MENU 2014-2015



	Monday	Tuesday	Wednesday	Thursday	Friday
	Daily - Low Fat Muffins \$1.30, Low Fat High Fibre Cookies \$0.60, Home-made Banana Bread \$1.30, Freshly Baked WW Bread Sticks \$1.30, Cinnamon Bun \$1.30, Apple Sauce Brownies \$1.30, Rice Crispy Squares \$1.30, Mini Pizza Pretzel, Bite Sized Pizza Rolls \$1.30, Pizza Pulls \$2.75, Smoothies \$2.25, Assorted Yogurt products like Yogurt tubes, yogurts, yogurt drinks etc \$0.80-\$2.50 each. (3-4 varieties daily)				
Each day weekly as listed	Chicken Caesar Salad \$3.75	6" Deli Sub \$3.50	Crispy Chicken Snack Wrap \$2.75	Taco Salad \$4.25	Chicken Caesar Snack Wrap \$3.25
Each day weekly as listed	Italian Pizza Wrap \$3.50 Garlic Round with Sauce \$3.75 3 Cheese Pizza \$3.00	Chicken And Cheddar Sammy \$2.75 Turkey Pepperoni Pizza \$3.00 3 Cheese Pizza \$3.00	Pizza Burger \$2.25 Garlic Round with Sauce \$3.75 3 Cheese Pizza \$3.00	Crispy Chicken Caesar Sammy \$2.75 Tex Mex Pizza \$3.00 3 Cheese Pizza \$3.00	Pizza Pocket \$2.75 BBQ Chicken Pizza \$3.00 3 Cheese Pizza \$3.00
WEEK 1 MAIN MEAL \$5.00 with Healthy Side	Trattoria Bowl Home Made Lasagna served with Garlic Breadstick and Caesar Salad	Hot Chicken on a Bun Served with Mashed Potato and Kernel Corn	Trattoria Bowl Spaghetti and Meatsauce served with Garlic Breadstick and Caesar Salad	Sweet and Sour Sweet & Sour Meatballs with rice and Stir Fried Vegetables	Spicy Soft Turkey Taco's 2 soft Taco's Stuffed with Ground Turkey Meat, Tomato, Lettuce and Cheese
WEEK 1 ALTERNATE MEAL AS MARKED	Pancakes with Fruit 3 Buttermilk pancakes served with Fresh Pineapple, Bananas, Mandarin oranges and topped with Whipped topping and Syrup. Sprinkled with Shredded Coconut - \$4.50	Baked Potato Baked Potato Loaded with Pulled Pork, choice of Veggies and Cheese \$4.50	Chicken Nuggets 4 Chicken Nuggets served with Rice or Potato Wedges \$4.25	Hamburger Combo Hamburger with Baked Potato Wedges OR Side Salad \$4.05	Chicken Burger Baked Breaded Chicken Burger served with Baked Potato Wedges or Side Salad \$4.85
WEEK 2 MAIN MEAL \$5.00 with Healthy Side	Trattoria Bowl Spaghetti and Meatballs served with Garlic Breadstick and Caesar Salad	Sloppy Joe Served with Mashed Potato and Fresh Carrots with side	Trattoria Bowl Beef Tomato and Macaroni Casserola with Garlic Breadstick and Caesar Salad	SUB BAR Ham and cheese or Meatball Sub made to order with your choice of Vegetables and Sauce. Served with Baked Chip or Salad	Pulled Pork BBQ Pulled Pork on a Kaiser Served with a Side Caesar Salad
WEEK 2 ALTERNATE MEAL AS MARKED	Soup and Grilled Cheese Chicken Noodle Soup with Grilled Cheese Sandwich \$4.00	Chinese Bowl Chinese Fried Rice Bowl with Spicy Chicken and Veggies \$3.95	Chicken Nuggets 4 Chicken Nuggets served with Rice or Potato Wedges \$4.25	Hamburger Combo Hamburger with Baked Potato Wedges OR Side Salad \$4.05	Chicken Burger Baked Breaded Chicken Burger served with Baked Potato Wedges or Side Salad \$4.85
	DAILY (2-3 Each Day): 2 oz Lean Hamburger \$2.80/Cheeseburger \$3.30, Chicken Burger \$3.60, Assorted Snack Wraps \$2.00-3.25, Grilled Chicken Breast on Kaiser \$5.75, Grilled Cheddar Sandwiches on Texas Toast \$2.75, Perogies 6-\$2.75, 4 Breaded Chicken Nuggets with Dip \$3.00, and Low Fat Baked Fries or Potato Wedges 4oz \$2.00, Potato OR Rice Tatter Bowls \$3.75				
	Daily Variety of - Soup and Crackers \$2.50, Salads \$2.80-\$6.95, Carrot and Celery stick with Dip \$1.00, Veggie Snack Bags \$2.25, Baked Chips \$1.50, WW Sandwiches \$2.55-\$3.75, Home-made Healthful Desserts, Mini Bite Cookie Bags \$1.50 and Under 3 (salads & fruit that are all under 300cal and \$3)				
Week 1 Menu Dates: September 8 - 12 * Sep 22 - 26 * Oct 6 - 10 * Oct 20 - 24 * Nov 3 - 7 * Nov 17 - 21 * Dec 1 - 5 * Dec 15 - 19					
Week 2 Menu Dates: September 15 - 19 * Sep 29 - Oct 3 * Oct 13 - 17 * Oct 27 - 31 * Nov 10 - 14 * Nov 24 - 28 * Dec 8 - 12					