

 Sept 4-7 Sept 24-28 Oct 15-19 Nov 5-9 Nov 26-30 Dec 17-21 Jan 7-11 Jan 28-Feb 1 Feb 18-22 Mar 11-15 Apr 1-5 Apr 22-26 May 13-17 Jun 3-7	Spaghetti with Meat Sauce or Marinara Sauce served with Caesar or Garden Salad Apple Crisp	Roasted Chicken and Fresh Vegetables With Hand cut Potato Wedges Apple Chutney	Homemade Shepherd's Pie Strawberry Topped Salad	Homemade Meat Lasagna or Vegetarian Lasagna Caesar or Garden Salad Topped with Berries	Chicken Quesadilla with Baked Potato Sticks Seasonal Vegetables Red Cabbage and Apple Slaw
	Pizza Slice Homemade Hamburger, Chicken Breast, Grilled Chicken Snack or Soft Beef Taco served with Veggie Sticks Or Garden Salad and Fruit of the Day				
Sept 10-14 Oct 1-5 Oct 22-26 Nov 12-16 Dec 3-7 Jan 14-18 Feb 4-8 Feb 25-Mar 1 Mar 18-22 Apr 8-12 Apr 29-May 3 May 20-24 June 10-14	Ham Dinner with Mashed Potatoes Veggies Apple Sauce	Sweet & Sour Meatballs Served with Rice and Carrots Asian Cucumber Mango Salsa	Homemade Creamy Macaroni & Cheese, Ham Slice Veggie Sticks Blueberry Crisp	Chicken Breast Sub or Veggie Sub Homemade Vegetable Soup Mandarin Spinach Salad	Open Face Hot chicken Sandwich, Mashed Potatoes and Veggie Apple Carrot Slaw
	Pizza Slice Homemade Hamburger, Chicken Breast, Grilled Chicken Snack or Soft Beef Taco served with Veggie Sticks Or Garden Salad and Fruit of the Day				
Sept 17-21 Oct 8-12 Oct 29-Nov 2 Nov 19-23 Dec 10-14 Jan 21-25 Feb 11-15 Mar 4-8 Mar 25-29 Apr 15-19 May 6-10 May 27-31	Chicken Drumstick Mashed Potato and Mixed Vegetables Apple Crisp	Homemade Pancakes topped with Fruit Grilled Ham or no Ham Red Cabbage and Apple Slaw	Sloppy Joe With Garden Salad Topped with Berries	Homemade Chicken Fingers With Oven Baked Potato Sticks Asian Pineapple Dipping Sauce	Open Face Hot Beef Sandwich with Mashed Potatoes, Veggies and Asian Coleslaw
	Pizza Slice Homemade Hamburger, Chicken Breast, Grilled Chicken Snack or Soft Beef Taco served with Veggie Sticks Or Garden Salad and Fruit of the Day				

## Middle



**Meal Price :** \$6.00  
Includes Milk

**Sandwiches:**  
 Grilled Cheese \$3.25  
 Chicken Salad Sandwich \$3.50  
 Egg \$3.50

**Drinks:**  
 250ml White \$0.50  
 Bottled Water \$1.50

**Salads:**  
 Caesar Salad \$3.50  
 Garden Salad \$3.50  
 Add Chicken to your salad \$1.25

**Other**

**Snacks:**  
 Veggies and Dip \$1.50  
 Crackers & Cheese \$1.75  
 Fresh Fruit \$1.25  
 Fruit Cup \$2.00  
 Apple Slices w/Dip \$2.75  
 Pudding Cup \$1.75  
 Homemade Cookie \$0.75  
 Homemade Muffin \$1.50  
 Homemade Banana Bread \$1.50

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Meals made with Whole Grain and Enriched White Products, Meats and Vegetables are Local NB Products!