

Millidgeville Elementary Cafeteria - Week Of Sep 15, 2013

**Mon
SEP 16**

Main Courses

Spaghetti with Home Made Meat sauce. Served with Fresh Baked Garlic Breadstick \$4.80

Chicken Snack Wrap with Apple Wedges and Caramel Sauc \$4.00

Snacks

Fruit Cup \$1.40
Freshly Made Pudding \$1.15

Drinks

Add White Milk \$0.45
Chocolate Milk sm \$0.55
Bottled Water \$1.50

**Tue
SEP 17**

Main Courses

Chopped Chicken on a 1/2 Bun with Fresh Mashed Potato and Seasonal Vegetables \$4.80

Fun Fuel Pack: Pizza Roll, grapes with mini dessert and Juice Box \$4.50

Snacks

Apple Crisp \$1.60
Low Fat High Fibre Cookie \$0.60

Drinks

Add White Milk \$0.45
Chocolate Milk sm \$0.55
Bottled Water \$1.50

**Wed
SEP 18**

Main Courses

1/2 Teaching Day-Cafeteria \$0.00
CLOSED

**Thu
SEP 19**

Main Courses

Sweet and Sour Meatballs with Seasoned Rice, Hot Vegetables \$4.80

Breaded Chicken Nuggets with Choice of Dip and Served With \$3.90

Snacks

Apple Sauce \$0.80
Brownie
Low Fat High Fibre Cookie \$0.60

Drinks

Add White Milk \$0.45
Chocolate Milk sm \$0.55
Bottled Water \$1.50

**Fri
SEP 20**

Main Courses

Macaroni and Cheese with 1/2 Garlic Round with Side Salad \$4.80
\$3.50

Snacks

Rice Krispie Square \$0.80
Fruit Cup \$1.40

Drinks

Add White Milk \$0.45
Chocolate Milk sm \$0.55
Bottled Water \$1.50