

**Millidgeville Elementary Cafeteria - Week Of Nov 3, 2013**

**Mon  
NOV 4**

**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 \$0.50  
Chocolate Milk sm \$0.50  
Bottled Water \$1.50

**Tue  
NOV 5**

**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 \$0.50  
Chocolate Milk sm \$0.50  
Bottled Water \$1.50

**Wed  
NOV 6**

**Main Courses**

Pizza Slice on WW Crust with side of Salad, and Small Fruit Cup \$4.80

Mini Sub with choice of Ham, \$3.25

**Snacks**

WW Cinnamon Pulls \$2.00  
Rice Krispie Square \$0.80

**Drinks**

Add White Milk \$0.50  
Chocolate Milk sm \$0.50  
Bottled Water \$1.50

**Thu  
NOV 7**

**Main Courses**

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

Breaded Chicken Nuggets with Choice of Dip and Served With \$4.80

**Snacks**

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

**Drinks**

Add White Milk \$0.50  
Chocolate Milk sm \$0.50  
Bottled Water \$1.50

**Fri  
NOV 8**

**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 \$0.50  
Chocolate Milk sm \$0.50  
Bottled Water \$1.50