

February 2018



Available Daily- Recess & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		Lunch Orders Due	1 Grilled Cheese & Chicken Nuggets	2 Chicken Strip Wrap with Goldfish & Fruit & Veggies
5 Goulash (Pasta, Meat, Sauce & Cheese) & Garlic Cheese Toast	XO 6 Chicken Caesar Salad & Garlic Breadstick	7 Ham & Cheese Sub with Apple Slices & a Cinnamon Roll Lunch Orders Due	XO 8 French Toast, Ham or Breakfast Sausage & Apple Slices	9 Soft Beef Taco with Optional Toppings & Nacho Chips or Vanilla Frozen Yogurt
12 Cheesy Fries with Optional Gravy & a Chicken Strip	XO 13 Spaghetti & Meatballs with Garlic Cheese Toast	14 Lasagna, Garlic Cheese Toast <i>Valentine Cookie with both meals @</i> Lunch Orders Due	XO 15 Soft Beef Taco with Optional Toppings & Fries	16 Crunchy Chicken Burger with Fruit & Vanilla Frozen Yogurt
19 NO SCHOOL	XO 20 Pepperoni Pizza with a Cookie & Apple/Orange Slices	21 Mac & Cheese with Breakfast Sausage Lunch Orders Due	XO 22 Chicken Nuggets & Fries	23 Sloppy Joe, Apple Slices & Baked Chips
26 Cheeseburger Pizza with Fruit & Veggie Sticks	XO 27 Tuna Melt & Fries	28 Grilled Cheese & Chicken Strip Lunch Orders Due	XO 1 2 Pizza Sticks, Goldfish, & Fresh Fruit	2 Soft Beef Taco with Optional Toppings & Popcorn or Apple Slices

Menu items subject to change

Skim Milk-250 ml	\$0.40
Chocolate Milk-250 ml	\$1.35
Water-500ml	\$1.00
Orange / Apple Juice	\$0.60
Popsicle	\$0.50
Chips	\$1.00
Fruit Slushies	\$1.00
Rice Crispy Square	\$0.50
Fruit Muffins	\$0.50
Cookies	\$0.50
Cinnamon Rolls w/icing	\$1.00
Welch's Fruit Gummies	\$1.00
Popcorn	\$1.00
Goldfish Crackers sm	\$0.25
lg	\$0.75

Salads, Wraps & Sandwiches

Grilled Cheese	\$3.00
Sandwich or Wrap:	
*Chicken Salad	\$3.25
*Egg Salad	\$3.00
*Tuna Salad	\$3.00
*Chicken Caesar	\$3.50
~gluten free available, add \$0.50~	

Breakfast Sandwich \$3.25
Ham, egg, cheese on English muffin

Salad	Small	\$2.75
Tossed or Caesar	Large	\$3.50
add chicken		\$1.00

*Veggies & Dip	Small	\$2.50
or Fruit Plate	Large	\$3.50
Pizza Sticks (Recess Only)		\$1
(Tuesdays & Thursdays)		

*when available

Healthy Option #2

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets & Fries	Pancakes & Ham or Apple Slices	3 Cheese Pizza & Popcorn or a Cookie	Garlic Cheese Fingers & a Cookie & Carrots & Dip	Hamburger or Cheeseburger & a Real Fruit Slushie or Cookie

****Daily Lunch Specials - \$4 each (\$4.75 with chocolate milk) - ORDER BY 8:30am**

- *Elmsdale Cold Plate & Drink (ham, cheese, crackers, fruit & veggie & a cookie)
- *Nacho Chips, Salsa, Fruit, Cookie & Drink
- *Pancakes, Apple Slices & Drink

Lunches are \$4/day. This includes a drink (apple or orange juice, or white milk), add \$0.75 for chocolate milk. Please make cheques payable to ****Cobequid Schools Catering Society****

No post-dated cheques.

Remember, We are Peanut/Nut Sensitive!