

April 2018



Available Daily- Recess & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL ²	XO ³ Chicken Nuggets & Fries	⁴ Breakfast Sandwich with Ham, Egg, Cheese & a Yogurt & Fresh Fruit Lunch Orders Due	XO ⁵ Sloppy Joe with Baked Chips	⁶ French Toast with Ham or Breakfast Sausage & Apple Slices
⁹ Spaghetti & Meatballs with Garlic Cheese Toast	XO ¹⁰ Chicken Strips & Chicken Caesar Salad	¹¹ Mashed Potatoes with Gravy (optional), Carrots, Corn & Chicken Nuggets Lunch Orders Due	XO ¹² Crunchy Chicken Burger & Vanilla Frozen Yogurt	¹³ Turkey Breast, Ham & Cheese Round Sub with Fries
¹⁶ Pepperoni Pizza with Carrots & Dip & Apple Slices	XO ¹⁷ Soft Beef Taco with Optional Toppings, Goldfish & Fresh Fruit	¹⁸ Mac & Cheese with Garlic Cheese Toast Lunch Orders Due	XO ¹⁹ Pancakes with Ham or Breakfast Sausage & Orange Slices	²⁰ NO SCHOOL
²³ Cheese Pizza Finger & Garlic Finger with Cookie & Apple Slices	XO ²⁴ Crunchy Chicken Burger & Vanilla Frozen Yogurt	²⁵ French Toast with Ham or Breakfast Sausage & Fruit & Yogurt Lunch Orders Due	XO ²⁶ Soft Beef Taco with Optional Toppings & Goldfish & Apple Slices	²⁷ Chicken Strips & Fries
³⁰ Cheeseburger Pizza & Fruit Cup or Apple Slices				

Menu items subject to change

Healthy Option #2				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets & Fries	Pancakes & Ham or Apple Slices	3 Cheese Pizza & Popcorn or a Cookie	Hamburger or Cheeseburger & a Real Fruit Slushie or Cookie	Garlic Cheese Fingers with a Cookie and Carrots & Dip
**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!

2% Milk-250 ml	\$0.40
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