

March 2018



Available Daily- Recess & Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | | | 1 2 Pizza Sticks, Goldfish & Fresh Fruit | 2 Soft Beef Taco with Optional Toppings & Popcorn & Apple Slices |
| | | Lunch Orders Due | | |
| 5 Spaghetti & Meatballs with Garlic Cheese Toast | XO 6 Chicken Bowl with Potatoes, Chicken, Cheese, Corn & Gravy (optional) & Baked Chips | 7 Turkey Breast, Ham & Cheese Round Sub with Nacho Chips & Apple Slices Lunch Orders Due | XO 8 Pancakes with Ham or Breakfast Sausage & Fresh Fruit | 9 Grilled Cheese & Chicken Nuggets |
| 12 NO SCHOOL | XO 13 NO SCHOOL | 14 NO SCHOOL | XO 15 NO SCHOOL | 16 NO SCHOOL |
| 19 French Toast with Ham or Breakfast Sausage & Apple Slices | XO 20 Cheese Pizza Finger & Garlic Finger with Goldfish & Veggie Sticks | 21 Lasagna & Garlic Cheese Toast Lunch Orders Due | XO 22 Crunchy Chicken Burger with Fruit & Cheese String | 23 NO SCHOOL |
| 26 Pepperoni Pizza with Popcorn or a Cookie | XO 27 Pasta with Sauce, Meatballs, & Garlic Cheese Toast | 28 Mac & Cheese with Chicken Strip Lunch Orders Due | XO 29 Soft Beef Taco with Optional Toppings & Fruit <i>*Easter Cookie with Both Meals*</i> | 30 NO SCHOOL |

****Menu items subject to change****

| | |
|------------------------|--------|
| 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 |
| <i>~gluten free available, add \$0.50~</i> | |

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

| | | |
|-------------------------|-------|--------|
| Salad | Small | \$2.75 |
| <i>Tossed or Caesar</i> | 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 | 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!**