



Middle School Menu

2016-2017

daily price list

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Sept. 12-16 Sept. 26-30 Oct. 10-14 Oct. 24-28 Nov. 7-11 Nov. 21-25 Dec. 5-9 Dec. 19-23 Jan. 9-13 Jan. 23-27	Spaghetti and Meat Sauce with Caesar Salad and Garlic Breadstick	Chicken Mashed Potato Bowl with a side of Fruit	Pulled Pork on a Kaiser with Baked Potato Wedges	Soft Beef Tacos with Rice and Corn	Chicken Quesadilla with Rice
	Week 2	Sept. 19-23 Oct. 3-7 Oct. 17-21 Oct. 31-Nov. 4 Nov. 14-18 Nov. 28-Dec. 2 Dec. 12-16 Jan. 2-6 Jan. 16-20 Jan. 30-Feb. 3	Macaroni and Cheese with Tossed Salad and Garlic Breadstick	Pancakes Topped with Berries served with Ham	Sloppy Joe with Tomato served with Garden Salad	Sweet and Sour Meatballs with Rice and Stir-fried Veggies
Treat of the Day		Apple Slices & Dip	Cookie Applesauce Brownie	Frozen Yogurt	Muffin Cinnamon Bun	Apple Slices & Dip
Every Day Favourites! Pizza, Garlic Fingers, Grilled Cheese, Hamburgers, Chicken Burger, Snack Wraps, Soft Beef Tacos, Perogies, Whole Fruit Slush Cups						
Daily Combo	Chicken Fingers and Baked Potato Wedges \$5.25	Garlic Slice with Caesar Salad \$4.25 Pizza	Lasagna Bowl with Garlic Breadstick \$5.25	Chicken Caesar Flat Bread Wrap With Side Salad \$5.25	Grilled Cheese Sandwich with Soup or Baked Potato Wedges \$4.75	

Daily Meal Price	\$5.25
Sandwiches:	
Grilled Cheese	
Chicken Salad Sandwich	\$3.25
Egg	\$3.50
	\$3.00
Drinks:	
250ml White Milk	
250ml Choc Milk	\$0.50
Juice Box	\$0.55
Bottled Water	\$1.25
Yop (113ml)	\$1.50
	\$1.25
Salads:	
Caesar Salad	\$3.50
Garden Salad	\$3.30
Add Chicken to your salad	\$1.25
Other	
Grilled Chicken Burger	
Hamburger	\$3.75
Cheeseburger	\$3.75
Pizza	\$4.50
Garlic Slice	\$2.95
Chicken Snack Wrap	\$2.75
Veggie Snack Wrap	\$3.00
	\$2.25
Snacks:	
Popcorn	\$1.25
Veggies and Dip	\$1.50
Crackers and Cheese	\$2.00
Fresh Fruit	\$1.00
Fruit Cup	\$2.00
Apple Slices w/Dip	\$2.25
Pudding Cup	\$1.75
Baked Chips	\$1.50