

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	January 11 – 15 January 25 – 29 February 8 – 12 February 22 – 26 March 7 – 11 March 21-25 April 4 – 8 April 18 – 22 May 2 – 6 May 16 – 20 May 30 – June 3 June 13 - 17	Creamy Home Made Macaroni and Cheese served with WW Dinner Roll	Roasted BBQ Chicken Breast Served with Mashed Potato and Carrots	Soft Beef Taco Served with Mexican Rice & Corn	Hot Dog, Baked Wedges and a low fat cookie	3 Buttermilk Pancakes Topped with Mixed Berries and Served with Syrup
	Grilled Cheese Sandwich on WW Bread with Chicken Noodle Soup	Oven Baked Breaded Chicken Nuggets with Choice of Dip and Served with Baked Fries or Rice	Fun Fuel Pack – Sliced Deli Meat, Cheese, Crackers, Grapes, and a Cookie	3 Cheese Pizza Slice Served with a Pudding Cup	Garlic Fingers with Dip and Freshly Baked Cookie	
Week 2	January 18 – 22 February 1 – 5 February 15 – 19 Feb 29 - March 4 March 14 – 18 March 28 – April 1 April 11 – 15 April 25 – 29 May 9 – 13 May 23 - 27 June 6 - 10 June 20 - 24	Creamy Home Made Macaroni and Cheese served with WW Dinner Roll	Baked Ham Served with Mashed Potato and Mixed Vegetables	WW Spaghetti Served with Home Made Meat Sauce and a Garlic Breadstick	Chicken Quesadilla served with Mexican Rice	6" Meatball Sub with Freshly Baked Low Fat Cookie
	Chicken Snack Wrap Served with a Fruit cup	Breaded Chicken Nuggets with Choice of Dip and Served with Baked Fries or Rice	Homemade Soup with a Freshly Baked Dinner Roll	3 Cheese Pizza Slice Served with a Pudding Cup	Garlic Fingers with Dip and Freshly Baked Cookie	

PRICE LIST

Meal Price	\$5.00
Salad Bar	\$5.00
Add Chicken	\$2.25
Sandwiches:	
Grilled Cheese	\$3.25
Chicken Salad Sandwich	\$3.75
Ham & Cheese Sandwich	\$3.50
Crispy Chicken Wrap	\$5.00
Chicken Salad Wrap	\$5.00
Drinks:	
125 ml White/Choc Milk	\$0.55
250ml White/Choc Milk	\$1.10
114ml Juice	\$1.00
341ml Can Juice	\$1.75
500 ml Water	\$1.75
Salads:	
Caesar Salad	\$3.25
Garden Salad	\$3.25
Chicken Caesar Salad	\$4.75
Other	
Baked Fries/Wedges	\$3.00
Chicken Snack Wrap	\$3.00
Chicken Burger	\$3.75
Hamburger	\$3.00
Cheeseburger	\$3.50
Bagel	\$1.75
Pizza Pocket	\$2.60
Pizza Slice	\$3.30
Full Garlic Round	\$4.30
Chicken Strips & Dip	\$3.85
Snacks:	
Popcorn (Wednesday Only)	\$1.25
Veggies and Dip	\$1.50
Low Fat Cookie	\$0.65
Muffins	\$1.25
Fresh Fruit	\$1.25
Fruit Cup	\$1.50
Apple Slices	\$2.00
Pudding Cup	\$1.75
Baked Chips	\$1.50
Onkos Greek Yogurt	\$1.75
Cinnamon Bun	\$1.50

SELECT AND PAY FOR MEALS ONLINE VISIT www.schoollunchorder.ca OR PLACE ORDERS IN AN ENVELOPE OR BAGGIE WITH CHILD'S NAME, CLASS, AND CHOICE.

Salad Bar d will be offered in Mullock Hall on Thursdays and Holland Hall on Wednesdays