

September 2021



Available Daily- Recess & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
6 NO SCHOOL	7 Chicken Burger & Fries with Fresh Veggies	8 3-Cheese Pizza with M&M Cookie & Fresh Fruit	9 Hamburger or Cheeseburger with Vanilla Frozen Yogurt & Fresh Veggies	10 Garlic Fingers with Chicken Strips & Fresh Veggies
13 Chicken Fingers & Fries with Carrots & Cucumbers	14 Soft Beef Taco with Optional Toppings and Nacho Chips	15 3-Cheese Pizza with M&M Cookie & Fresh Fruit	16 Hamburger or Cheeseburger with Vanilla Frozen Yogurt & Fresh Veggies	17 Chicken Burger & Fries with Fresh Veggies
20 Chicken Nuggets & Fries with Carrots & Cucumbers	21 Spaghetti with Meat Sauce & Garlic Cheese Toast	22 3-Cheese Pizza with M&M Cookie & Fresh Fruit	23 Hamburger or Cheeseburger with Vanilla Frozen Yogurt & Fresh Veggies	24 NO SCHOOL
27 Chicken Fingers & Fries with Carrots & Cucumbers	28 Pancakes & Ham with Vanilla Frozen Yogurt	29 3-Cheese Pizza with M&M Cookie & Fresh Fruit	30 Hamburger or Cheeseburger with Vanilla Frozen Yogurt & Fresh Veggies	1 Chicken Burger & Fries with Fresh Veggies

2% Milk-250 ml	\$0.40
Chocolate Milk-250 ml	\$1.35
Water-500ml	\$1.00
Chips	\$1.00
Fruit Muffins	\$0.50
Cookies	\$0.50
Cinnamon Rolls w/icing	\$1.00
Welch's Fruit Gummies	\$1.00
Popcorn	\$1.00
Goldfish Crackers	\$0.50

Options may be limited or change daily

AVAILABLE TO ORDER WEEKLY OR MONTHLY ONLY

Below items are available for lunch only on days listed

These items will not be available to order the morning of, must be ordered in advance with weekly or monthly order forms

Monday-Friday

Grilled Cheese Meal	\$4.75
Egg Salad Sandwich Meal	\$4.75
Tuna Salad Sandwich Meal	\$4.75
Pancake Meal	\$4.75

All meals served with a drink & yogurt tube or fruit cup

Thursday & Friday ONLY

Cold Plate Meal	\$4.75
Nacho Plate Meal	\$4.75

Includes fresh fruit/veggie, drink & cookie

Details and Side/Other

With only one meal option this year, we have updated the order forms to include a details section as well as a side item/other section. Please use these sections to inform us of details such as; sauce, no sauce, cheese, etc.

Other items from the side menu may be ordered in the Side Item/Other section.

Thank you.

Lunches are \$4.75/day, including a drink (water, or white milk), add \$0.75 for chocolate milk. **Please make cheques payable to **Cobequid Schools Catering Society**** No post-dated cheques.

It is preferred that lunches are pre-ordered weekly or monthly.

If ordering daily, students must place their order at the cafeteria before 8:30am.

We are Peanut/Nut Sensitive!