

September 2023



Available Daily- Recess & Lunch

2% Milk-250 ml	\$0.45
Water-500ml	\$1.00
Chips (Baked)	\$1.00
Cookies/Muffins	\$0.50

Options may be limited or change daily

AVAILABLE TO ORDER DAILY

Monday-Friday

Grilled Cheese Meal	\$5.00
Egg Salad Sandwich Meal	\$5.00
Tuna Salad Sandwich Meal	\$5.00
Pancake Meal	\$5.00
Cold Plate Meal	\$5.00
Garden Salad	\$5.00
Caesar Salad	\$5.00
Includes fresh fruit/veggie, drink	

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 NO SCHOOL	6 Hamburgers with Wedges side Veggies	7 Chicken Wrap with Salad Bar	8 Cheese Pizza with side Veggies
11 Pancakes with Ham and Fresh Fruit	12 Beef Tacos with Salad Bar	13 Chicken Burger with Wedges and side Veggies	14 Chicken Wrap with Salad Bar	15 Cheese Pizza with side Veggies
18 Breakfast Sandwich with Fresh Fruit	19 Beef Tacos with Salad Bar	20 Hamburgers with Wedges side Veggies	21 Chicken Wrap with Salad Bar	22 NO SCHOOL
25 Pancakes with Ham and Fresh Fruit	26 Beef Tacos with Salad Bar	27 Chicken Burger with Wedges and side Veggies	28 Chicken Wrap with Salad Bar	29 Cheese Pizza with side Veggies

Details and Snack Shack

Snack Shack is a service offered at recess for students who wish to purchase a snack from the cafeteria. The snacks vary and all follow our nutritional guidelines.

Lunches are \$5.25/day, including a drink (water, or white 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!