

October 2023



Available Daily- Recess & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Beef Tacos with Salad Bar	4 Hamburgers with Wedges side Veggies	5 Chicken Wrap with Salad Bar	6 Cheese Pizza with side Veggies
9 NO SCHOOL	10 Beef Tacos with Salad Bar	11 Chicken Burger with Wedges and side Veggies	12 Chicken Wrap with Salad Bar	14 Cheese Pizza with side Veggies
16 Breakfast Sandwich with Fresh Fruit	17 Beef Tacos with Salad Bar	18 Hamburgers with Wedges side Veggies	19 Chicken Wrap with Salad Bar	20 Cheese Pizza with side Veggies
23 Pancakes with Ham and Fresh Fruit	24 Beef Tacos with Salad Bar	25 Chicken Burger with Wedges and side Veggies	26 Chicken Wrap with Salad Bar	27 NO SCHOOL

- 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

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.

