

December 2023



Available Daily- Recess & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
4 Pancakes with Ham and Fresh Fruit	5 Beef Tacos with Salad Bar	6 Hamburgers with Wedges side Veggies	7 Chicken Wrap with Salad Bar	8 Cheese Pizza with side Veggies
11 Breakfast Sandwich with Fresh Fruit	12 Holiday Dinner	13 Beef Tacos with Salad Bar	14 Chicken Wrap with Salad Bar	15 Cheese Pizza with side Veggies
18 Pancakes with Ham and Fresh Fruit	19 Beef Tacos with Salad Bar	20 Hamburgers with Wedges side Veggies	21	22
25	26	27	28	29

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

Options may be limited or change daily

AVAILABLE TO ORDER DAILY

Monday-Friday

Grilled Cheese	\$5.00
Egg Salad Sandwich	\$5.00
Tuna Salad Sandwich	\$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.

