

January 2024



Available Daily- Recess & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Hamburgers with Wedges side Veggies	4 Chicken Wrap with Salad Bar	5 Cheese Pizza with side Veggies
8 Breakfast Sandwich with Fresh Fruit	9 Beef Tacos with Salad Bar	10 Chicken Burger with Wedges and side Veggies	11 Chicken Wrap with Salad Bar	12 Cheese Pizza with side Veggies
15 Pancakes with Ham and Fresh Fruit	16 Beef Tacos with Salad Bar	17 Hamburgers with Wedges side Veggies	18 Chicken Wrap with Salad Bar	19 Cheese Pizza with side Veggies
22 Breakfast Sandwich with Fresh Fruit	23 Beef Tacos with Salad Bar	24 Chicken Burger with Wedges and side Veggies	25 Chicken Wrap with Salad Bar	26 Cheese Pizza with side Veggies

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.

**We are
Peanut/Nut
Sensitive!**