

# February 2024



## Available Daily- Recess & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
29 Pancakes with Ham and Fresh Fruit	30 Beef Tacos with Salad Bar	31 Hamburgers with Wedges side Veggies	1 Chicken Wrap with Salad Bar	2 Cheese Pizza with side Veggies
5 Breakfast Sandwich with Fresh Fruit	6 Beef Tacos with Salad Bar	7 Chicken Burger with Wedges and side Veggies	8 Chicken Wrap with Salad Bar	9 Cheese Pizza with side Veggies
12 Pancakes with Ham and Fresh Fruit	13 Beef Tacos with Salad Bar	14 Hamburgers with Wedges side Veggies	15 Chicken Wrap with Salad Bar	16 Cheese Pizza with side Veggies
19 NO SCHOOL	20 Beef Tacos with Salad Bar	21 Chicken Burger with Wedges and side Veggies	22 Chicken Wrap with Salad Bar	23 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!**