

## Jr. High School Menu

2017-2018

## daily price list

Daily Meal Price including \$5.50

**Sandwiches:**

Egg Salad Sandwich	\$3.25
Grilled Cheese	\$3.50
Chicken Sandwich	\$3.50
Ham & Cheese Sandwich	\$3.50
6" Turkey Sub	\$4.25
6" Ham or Deli Sub	\$3.50
Sandwich Wraps	\$3.75-\$5.25

**Drinks:**

White Milk 250ml/500ml	\$0.55/\$1.10
Chocolate Milk 250ml/500ml	\$0.55/\$1.10
Juice 340ml	\$2.00
Water 591ml	2.25

**Salads:**

Caesar Salad	\$3.50
Garden Salad	\$3.50
Pasta Salad	\$3.50

**Hot Items Daily:**

Home Made Soup	\$3.50
Pizza Slice	\$3.50
Hamburger	\$3.50
Small Baked Fries/Wedges	\$3.25
Garlic Slice	\$3.50

**Twice a week assortment:**

7" Garlic Fingers w. Sauce	\$4.50
Turkey Pepperoni Calzone	\$4.75
Chicken Parmesan Wrap	\$5.00
Chicken Burger	\$4.00
Chicken Fingers w/Dip	\$4.25

**Snacks:**

Carrot sticks w. Dip	\$1.50
Low Fat Cookie	\$0.75
WW Breadsticks	\$1.50
Cinnamon Breadsticks	\$1.50
Reduced Fat Banana Loaf Muffin	\$1.50
Yogurt 100g	\$1.50
Fresh Fruit Cup	\$3.50
Yogurt and Berry Cup	\$3.25
Pudding Cup	\$2.50

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Sept. 25 – Sept. 29 Oct. 10 – Oct. 13 Oct. 23 – Oct. 27 Nov. 6 – Nov. 9 Nov. 20 – Nov. 24 Dec. 4 – Dec. 8 Dec. 18 – Dec. 22 Jan. 15 – Jan. 19 Jan. 29 – Feb. 2	BBQ Chicken Flatbread with Side Salad	Soft Beef Tacos with Rice and Corn	Spaghetti and Meat Sauce with a Side Caesar Salad	BBQ Rib on a Bun with Veggies & Dip	<u>Pacific Rim</u> Sweet & Sour Chicken with Fried Rice. Served with a Fortune Cookie and Chop Sticks
	Oct. 2 – Oct. 6 Oct. 16 – Oct. 20 Oct. 30 – Nov. 3 Nov. 14 – Nov. 17 Nov. 27 – Dec. 1 Dec. 11. – Dec. 15 Jan. 8 – Jan. 12 Jan. 22 – Jan. 26 Feb. 5 – Feb.	Mexi Beef Melts with a Side Caesar Salad	Chicken Quesadilla with Mexican Rice	Macaroni and Cheese with a Side Garden Salad	Grilled Cheese Sandwich served with Baked Potato Wedges	<u>Pacific Rim</u> Curry Garlic Rice Noodles with Chicken. Served with a Fortune Cookie and Chop Sticks
<b>Every Day Favourites!</b>						
<b>Pizza Slice, Grilled Cheese, Hamburgers, Chicken Burger</b>						
	Daily Combo	Personal Size Donair Pizza with a Small Milk \$5.50	½ Chicken Ranch Wrap with a Side Caesar Salad and a Small Milk \$5.50	Pizza Slice with a Low Fat Cookie and a Small Milk \$4.50	½ Turkey Wrap with a side Pasta Salad and a Small Milk \$5.50	Garlic Slice with a side Caesar Salad and a Small Milk \$5.75