

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Chicken Strips & Fries Garlic Pizza & Cookie	4 Grilled Cheese & Chips Hamburger & Slushie	5 Cheese Pizza Pepperoni Pizza	6
7	8 Burrito Pancakes & Sausage	9 Goulash Chicken Strips & Fries	10 Chicken Ranch Wrap Garlic Pizza & Cookie	11 Nachos Hamburger & Slushie	12 BBQ Chicken Pizza Pepperoni Pizza	13
14	15 Ham & Cheese Omllette Pancakes & Sausage	16 5 Cheese Ravioli Chicken Strips & Fries	17 Chicken Dinner Garlic Pizza & Cookie	18 Soft Tacos Hamburger & Slushie	19 Cheese Pizza Pepperoni Pizza	20
21	22 Cheesy Scrambled Eggs & Bagel Pancakes & Sausage	23 Spaghetti & Meatballs Chicken Strips & Fries	24 Chicken & Cheese Quesadilla Garlic Pizza & Cookie	25 Homemade Pizza Pocket Hamburger & Slushie	26 Hawaiian Pizza Pepperoni Pizza	27
28	29 Breakfast Bagel Pancakes & Sausage	30 Lasagna Chicken Strips & Fries	31 Chicken Bowl Garlic Pizza & Cookie	1 Lunchables Hamburger & Slushie	2 Taco Pizza Pepperoni Pizza	

Mystery Monday - Win a Free Lunch

Flavored Popcorn Tuesday & Thursday - \$1.00

Treat Day Thursday - Get a special treat with lunch orders

All meals are served with fruit or veggies (excluding everyday items)

Meals include 250 ml white milk or juice (apple/orange) \$4.00

Meal with chocolate milk \$4.75. Meal without drink \$3.60

We encourage families to order weekly. Menu is subject to changes.

Please make cheque payable to: Cobequid Schools Catering Society

Recess Items

Popcorn (Tuesday, Thursday)	1.00
Rice Krispie Square	.50
Low Fat Cookies	.50
Breadstick	1.00
Welch's Fruit Snacks	1.00
Slushie	1.00
Soft Pretzel (Cinnamon, Cheese, Garlic)	1.00
Goldfish Crackers	.50

Everyday Items

Hamburger	2.75
Cheeseburger	3.25

Sandwiches

Egg, Tuna	3.00
Chicken, Ham	3.00
Ham & Cheese	3.00

Salads

Large Chef's Salad/Breadstick	4.00
Large Chicken Wrap	3.50
Large Caesar Salad/Breadstick	3.50
Lunchable Plate (Cold Cuts, Cheese, Crackers, Veggies)	3.50
Large Fruit Plate	3.00
Large Veggie Plate	3.00
Small Veggie Plate	1.50

Beverages

Small White Milk	.40
Juice	.60
Small Chocolate Milk	1.35
Water	1.00

