

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunchables Hamburger & Frozen Yogurt	2 Taco Pizza Pepperoni Pizza	3
4	5 Waffle & Bacon Pancakes & Sausage	6 5 Cheese Ravioli Chicken Strips & Fries	7 Chicken Caesar Salad Garlic Pizza & Cookie	8 Nachos Hamburger & Frozen Yogurt	9 Cheese Pizza Pepperoni Pizza	10
11	12 Breakfast Sandwich Pancakes & Sausage	13 Chicken Burger & Frozen Yogurt Chicken Strips & Fries	14 Hot Chicken Sandwich (chicken, gravy) Garlic Pizza & Cookie	15 Loaded Baked Potato (cheese, sour cream, bacon bits) Hamburger & Frozen Yogurt	16 BBQ Chicken Pizza Pepperoni Pizza	17
18	19 No School (Heritage Day)	20 Spaghetti & Meatballs Chicken Strips & Fries	21 Chicken Quesadilla Garlic Pizza & Cookie	22 Supreme Fries (cheese, hamburger, gravy) Hamburger & Frozen Yogurt	23 Cheese Pizza Pepperoni Pizza	24
25	26 Burrito Pancakes & Sausage	27 Chicken Alfredo Chicken Strips & Fries	28 Chicken Dinner Garlic Pizza & Cookie	1 Grilled Cheese & Chips Hamburger & Frozen Yogurt	2 Hawaiian 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
<u>Sandwiches</u>	
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

