



# 2023-2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>WEEK 1</b>	<p>Mac 'n Cheese with Veggies &amp; Dip</p> <p>served with choice of milk or juice \$7.00</p>	<p>Tex Mex Tacos with Mexican Rice and Corn</p> <p>served with choice of milk or juice \$7.00</p>	<p>Sweet &amp; Sour Chicken, Rice Bowl &amp; Stir Fried Veggies</p> <p>served with choice of milk or juice \$7.00</p>	<p>Spaghetti with Meat Sauce &amp; Caesar Salad</p> <p>served with choice of milk or juice \$7.00</p>	<p>Hamburger &amp; Roasted Potato Wedges</p> <p>served with choice of milk or juice \$7.00</p>
	<p>Chili Topped Baked Potato</p> <p>served with choice of side \$7.75</p>	<p>Pulled Pork on a Bun with Mashed Potato</p> <p>served with choice of side \$7.75</p>	<p>Beef Burrito</p> <p>served with choice of side \$7.75</p>	<p>Buffalo Chicken Flatbread</p> <p>served with choice of side \$7.75</p>	<p>S&amp;S Beef Meat balls &amp; Brown Rice</p> <p>served with choice of side \$7.75</p>
<b>WEEK 2</b>	<p>Baked Goulash with Caesar Salad</p> <p>served with choice of milk or juice \$7.00</p>	<p>Lasagna &amp; Garlic Breadstick</p> <p>served with choice of milk or juice \$7.00</p>	<p>Hot Chicken on a Bun, with Side Corn</p> <p>served with choice of milk or juice \$7.00</p>	<p>Shepherds Pie Bowl with Steamed Carrots</p> <p>served with choice of milk or juice \$7.00</p>	<p>BBO Chicken Drumstick, Mashed Potato &amp; Carrot Sticks</p> <p>served with choice of milk or juice \$7.00</p>
	<p>Teriyaki Chicken With Rice</p> <p>served with choice of side \$7.75</p>	<p>Chicken Fajita with Mexican Rice</p> <p>served with choice of side \$7.75</p>	<p>Sloppy Joe Sandwich</p> <p>served with choice of side \$7.75</p>	<p>Chinese Rice Bowl</p> <p>served with choice of side \$7.75</p>	<p>Buffalo Chicken Quesadilla</p> <p>served with choice of side \$7.75</p>
<b>WEEK 3</b>	<p>Chicken Snack Wrap &amp; Caesar Salad</p> <p>served with choice of milk or juice \$7.00</p>	<p>Fettucine Alfredo &amp; Caesar Salad</p> <p>served with choice of milk or juice \$7.00</p>	<p>Beef Chili with Corn Bread</p> <p>served with choice of milk or juice \$7.00</p>	<p>Cheeseburger &amp; Baked Potato Wedges</p> <p>served with choice of milk or juice \$7.00</p>	<p>Chicken Quesadilla with Veggies &amp; Dip</p> <p>served with choice of milk or juice \$7.00</p>
	<p>Donair Pita, Salad &amp; Baked Wedges</p> <p>served with choice of side \$7.75</p>	<p>Chicken Souvlaki, Roasted Potato Wedges &amp; Tzatziki</p> <p>served with choice of side \$7.75</p>	<p>Beef Taco Crunch Wrap</p> <p>served with choice of side \$7.75</p>	<p>Chicken Pad Thai</p> <p>served with choice of side \$7.75</p>	<p>Chicken Egg Roll in a Bowl</p> <p>served with choice of side \$7.75</p>
<b>Daily Alternate Meal</b> <b>Week 1 &amp; 2</b> served with milk or juice	<p>Popcorn Chicken Mashed Potato Bowl &amp; Corn</p> <p>\$7.00</p>	<p>Grilled Cheese Sandwich &amp; Chicken Noodle Soup</p> <p>\$7.00</p>	<p>Cheese Pizza Slice &amp; Caesar Salad</p> <p>\$7.00</p>	<p>Chicken Nuggets, Home Made Wedges &amp; Veggie Sticks</p> <p>\$7.00</p>	<p>Pancakes with Syrup &amp; Fresh Fruit</p> <p>\$7.00</p>

WEEK 1 DATES		WEEK 2 DATES		WEEK 3 DATES	
September 5-8	February 5 - 9	September 11 - 15	February 12 - 16	September 25 - 29	February 19 - 23
October 2 - 6	Feb 26 - March 1	October 10 - 13	March 4 - 8	October 16 - 20	March 11 - 15
October 23 - 27	March 18 - 22	October 30 - Nov 3	March 25 - 29	November 6 - 9	April 1 - 5
November 13 - 17	April 8 - 12	November 20 - 24	April 15 - 19	Nov 27 - Dec 1	April 22 - 26
December 4 - 8	April 29 - May 3	December 11 - 15	May 6 - 10	December 18 - 22	May 13 - 17
December 25 - 29	May 21 - 24	January 3 - 5	May 21 - 24	January 8 - 12	June 3 - 7
January 15 - 19	June 10 - 14	January 22 - 26	June 17 - 21	January 29 - February 2	



# Daily Items P-12

## 2023-2024



Bagel with Butter	\$ 2.50
Bagel with Cream Cheese	\$ 3.50
Yogurt Parfait	\$ 4.25
Egg and Cheese Breakfast Sandwich	\$ 4.00
Hand Cut Home Fries	\$ 3.25

Grilled Hamburger 2oz/3oz	\$4.50/5.50
Cheeseburger 2oz/3oz	\$5.25/6.25
Grilled Chicken Burger	\$5.25/7.00
Crispy Chicken Burger	\$ 5.50
Chicken Nuggets with Sauce	\$ 4.50
Hand Made Oven Roasted Potato Wedges	\$ 3.50
Baked Popcorn Chicken with Sauce	\$ 4.00
Baked Fries	\$ 3.50
Gravy	\$ 0.50

Wedge Sandwiches	\$ 4.50
Grilled Cheese Sandwich	\$ 4.50
Chicken Caesar Wrap	\$ 6.25
Chicken Snack Wrap	\$ 4.25

Garden Salad 12oz/16oz	\$4.00/5.00
Caesar Salad 12oz/16oz	\$4.00/5.00
Fruit Salad Small/Large	\$3.00/5.00
Tomato Basil Pasta Salad	\$ 5.00

Pizza Slice	\$ 4.50
Garlic Fingers	\$ 5.00
Panzarotti	\$ 6.25

Baked Tortillas and Salsa	\$ 3.00
Veggies and Dip with Hummus	\$ 4.00
Veggies and Dip with Ranch	\$ 3.25
Cheese, Grapes and Crackers	\$ 4.25
Apple Wedges with Honey Yogurt Dip	\$ 3.50
Local Apples	\$ 1.50
Bananas	\$ 1.50
Fresh Grapes	\$2.00/3.75
Fruit Smoothie 6oz/8oz	\$2.80/3.60
Veggie Sticks and dip	\$ 2.25

Small Milk	\$ 0.40
Large Milk	\$ 0.80
Small Chocolate Milk	\$ 2.35
Large Chocolate Milk	\$ 3.35
500ml Water Nestle	\$ 1.75
591ml Water Aquafina/Dasani	\$ 2.25
Can Juice	\$ 2.25
Sparkling Can Water	\$ 2.25
Large Juice	\$ 3.50
Tropicana Juice	\$ 3.50

1oz Cookie	\$ 1.00
2oz Cookie	\$ 1.40
Fresh Baked Muffin	\$1.40/2.00
Reduced Fat Banana Loaf	\$1.50/\$2.00
Oatmeal Berry Loaf	\$1.50/\$2.00
Cinnamon Buns	\$ 2.00
Energy Bites (3 - made w WOW Butter)	\$ 2.50
Squares	\$1.40/\$2.00