

## October 2017 Menu



Meal include 250 ml white milk or juice (apple/orange)  
 Cheques made payable to Cobequid Schools Catering Society  
 Daily tickets \$4.00 or sheet of 10 can be purchased for \$40.00

<u>Monday</u> <b>2</b>	<u>Tuesday</u> <b>3</b>	<u>Wednesday</u> <b>4</b>	<u>Thursday</u> <b>5</b>	<u>Friday</u> <b>6</b>
Lasagna & Breadstick  Pancakes & Sausages	Chicken Wrap  Garlic Pizza & Cookie	Sweet & Sour Meatballs  Chicken Fingers & Fries	Grilled Cheese & Chips  Hamburger & Slushie	Chicken Bowl  Cheese Pizza & Cookie
<b>9</b>  Thanksgiving NO SCHOOL	<b>10</b> Pancakes & Sausages  Garlic Pizza & Cookie	<b>11</b> Mac & Cheese  Chicken Fingers & Fries	<b>12</b> Sweet & Sour Chicken  Hamburger & Slushie	<b>13</b> Valley Plate  Cheese Pizza & Cookie
<b>16</b> Tuna Melts  Pancakes & Sausages	<b>17</b> Turkey Soup  Garlic Pizza & Cookie	<b>18</b> Spaghetti & Breadstick  Chicken Fingers & Fries	<b>19</b> Grilled Cheese & Hashbrowns  Hamburger & Slushie	<b>20</b> Taco & Nachos  Cheese Pizza & Cookie
<b>23</b> Valley Plate  Pancakes & Sausages	<b>24</b> Mac & Cheese  Garlic Pizza & Cookie	<b>25</b> Grilled Cheese & Tomato Soup  Chicken Fingers & Fries	<b>26</b> Chicken Burger  Hamburger & Slushie	<b>27</b>  Inservice NO SCHOOL

\*Daily Special with Milk OR Juice (please indicate) 4.00

\*Daily Special with Chocolate Milk (please indicate) 4.75

<u>Recess Items</u>	<u>Price</u>	<u>Beverages</u>	<u>Price</u>
Low Fat Cookies	.50	Sm White Milk	.40
Welches Fruit Snacks	<b>1.25 (Price Change)</b>	Sm Chocolate Milk	1.35
Frozen Yogurt Tube	1.00	Sm Juice	.60
Warm Bread Stick	1.00		
Baked Chips	1.00	<u>Sandwiches/Wraps</u>	
Ice Cream (Vanilla)	.75	Turkey/ Chicken/Tuna Wrap	4.00
Slushie	1.00	Wow Butter	2.00
		Grilled Cheese	3.00
<u>Extras</u>		Turkey/ Chicken/Tuna Sandwich	3.00
Valley Plate (crackers,cheese,veggies,deli meat)	3.50	<u>Salads</u>	
Vegenaise Portion	.25	Sm Tossed (add chicken/ham \$1)	3.00

