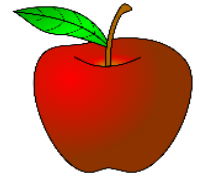


September 2017 Menu

Meal includes 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



Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL	NO SCHOOL	7 Chicken Burger Hamburger & Slushie	8 Mac & Cheese Cheese Pizza & Cookie
11 Lasagna & Breadstick Pancakes & Sausages	12 Chicken Wrap Garlic Pizza & Cookie	13 Valley Plate Chicken Fingers & Fries	14 Grilled Cheese & Baked Chips Hamburger & Slushie	15 Sweet & Sour Meatballs & Rice Cheese Pizza & Cookie
18 Sheppard's Pie Pancakes & Sausages	19 Beef Taco & Nachos Garlic Pizza & Cookie	20 Spaghetti & Breadstick Chicken Fingers & Fries	21 Mac & Cheese Hamburger & Slushie	22 Beef Taco & Nachos Cheese Pizza & Cookie
25 Chicken Bowl Pancakes & Sausages	26 Tuna Melt Garlic Pizza & Cookie	27 Mac & Cheese Chicken Fingers & Fries	28 Grilled Cheese & Baked Chips Hamburger & Slushie	29 Sheppard's Pie Cheese Pizza & Cookie

*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	1.25 (Price Change)	Sm Chocolate Milk	1.35
Frozen Yogurt Tube	1.00	Sm Juice	.60
Baked Chips	1.00	<u>Sandwiches/Wraps</u>	
Ice Cream (Vanilla Frozen Yogurt)	.75	Turkey or Ham	3.00
Slushie	1.00	Wow Butter	2.00
		Grilled Cheese	3.00
<u>Extras</u>		Chicken Wrap	4.00
Valley Plate (crackers,cheese,veggies,deli meat)	3.50	Tuna	4.00
Vegenaise Portion	.25	<u>Salads</u>	
		Sm Tossed	3.00
Bottle Water ** New Item**	1.00	**add chicken/ham \$1	4.00