

NOVEMBER 2017



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

<u>Monday</u> Oct 30 Lasagna & Breadstick Pancakes & Sausages	<u>Tuesday</u> Oct 31 Valley Plate Garlic Pizza & Cookie	<u>Wednesday</u> Nov 1 Mac & Cheese Chicken Strips & Fries	<u>Thursday</u> Nov 2 Shepard's Pie Hamburger & Slushie	<u>Friday</u> Nov 3 Turkey Tacos & Nachos Cheese Pizza & Cookie
6 Fish Bites & Fries Pancakes & Sausages	7 Chicken Burger Garlic Pizza & Cookie	8 Sweet & Sour Meatballs & Rice Chicken Strips & Fries	9 Grilled Cheese Hamburger & Slushie	10 Chicken Wrap Cheese Pizza & Cookie
13 Remembrance Day No School 	14 Pancakes & Sausages Garlic Pizza & Cookie	15 Valley Plate Chicken Strips & Fries	16 Chicken Burger Hamburger & Slushie	17 Assessment & Evaluation Day <u>No School</u>
20 Spaghetti & Breadstick Pancakes & Sausages	21 Homemade Chicken Noodle Soup Garlic Pizza & Cookie	22 Sloppy Joes Chicken Strips & Fries	23 Chicken Bowl Hamburger & Slushie	24 Mac & Cheese Cheese Pizza & Cookie
27 Chicken Burger Pancakes & Sausages	28 Grilled Cheese & Tomato Soup Garlic Pizza & Cookie	29 Beef Tacos & Nachos Chicken Strips & Fries	30 Cheese Pizza & Cookie Hamburger & Slushie	Dec 1 Parent Teacher (a.m.) PD (p.m.) <u>No School</u>

*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		
Ice Cream (Vanilla)	.75		
Slushie	1.00	<u>Sandwiches/Wraps</u>	
		Turkey/ Ham / Tuna	3.00
		Wow Butter	2.00
		Grilled Cheese	3.00
		Chicken Wrap	4.00
<u>Extras</u>			
Valley Plate (crackers,cheese,veggies,deli meat)	3.50	<u>Salads</u>	
Vegenaise Portion	.25	Tossed Salad	3.00
		(add chicken/ham \$1)	4.00

