



# January 2018

Cheques made payable to [Cobequid Schools Catering Society](#)

Daily tickets \$4.00 or sheet of 10 tickets \$40.00

Meal include 250 ml white milk or juice (apple/orange) **\*\*With chocolate milk \$4.75\*\***

Monday 8 Spaghetti & Breadstick  Pancakes & Sausage	Tuesday 9 Homemade Chicken Noodle Soup  Garlic Pizza & Cookie	Wednesday 10 Valley Plate  Chicken Fingers & Fries	Thursday 11 Grilled Cheese & Tomato Soup  Hamburger & Slushie	Friday 12 Sweet & Sour Meatballs Rice  Cheese Pizza & Cookie
15 Chicken Bowl  Pancakes & Sausage	16 Chicken Wrap  Garlic Pizza & Cookie	17 Mac & Cheese  Chicken Fingers & Fries	18 Chicken Burger  Hamburger & Slushie	19 Sloppy Joes  Cheese Pizza & Cookie
22 Lasagna & Breadstick  Pancakes & Sausage	23 Tuna Melt  Garlic Pizza & Cookie	24 Shepard's Pie  Chicken Fingers & Fries	25 Grilled Cheese & Tomato Soup  Hamburger & Slushie	26 Taco & Nachos  Cheese Pizza & Cookie
29 Fish Bites & Fries  Pancakes & Sausage	30 Mac & Cheese  Garlic Pizza & Cookie	31 Chili & Breadstick  Chicken Fingers & Fries	<u>Feb 1</u> Sweet & Sour Chicken Rice  Hamburger & Slushie	<u>Feb 2</u> Valley Plate  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	<b>1.25 (Price Change)</b>	Sm Chocolate Milk	1.35
Frozen Yogurt Tube	1.00	Sm Juice	.60
Baked Chips	1.00		
Ice Cream (Vanilla)	.75	<b><u>Sandwiches/Wraps</u></b>	
Slushie	1.00	Turkey/ Ham / Tuna Sandwich	3.00
		Wow Butter	2.00
		Grilled Cheese	3.00
<b><u>Extras</u></b>		Chicken Wrap	4.00
Valley Plate (crackers,cheese,veggies,deli meat)	3.50	<b><u>Salads</u></b>	
Vegenaise Portion	.25	Tossed Salad	3.00
		(add chicken/ham \$1)	4.00

