


# September 2017 Menu

## Chiganois Elementary School

Main Meals include 250 ml white milk or juice (apple) with Fruit/or Veggies.  
 Daily \$4.00 5 days- \$20.00, 10 days- \$40.00 (you can order by day, week or month.)

Cheques made payable to Cobequid Schools Catering Society.

\*\*Lunch slips are required for the main menu & alternate lunch items\*\*

Sept 4	Sept 5	Sept 6	Sept 7	Sept 8
			#1 Hamburger/Veggie Sticks #2 Mac & Cheese  Other: _____	#1 Pepperoni Pizza & Cookie #2 Chicken Wrap & Cookie  Other: _____
Sept 11	Sept 12	Sept 13	Sept 14	Sept 15
#1 Chicken Caesar Salad/w Breadstick #2 Grilled Cheese & Veggie Sticks  Other: _____	#1 Pancakes & Ham #2 Spaghetti & Meatballs  Other: _____	#1 Breakfast Sandwich #2 Garlic Slice  Other: _____	#1 Hot Chicken Burger & Fries #2 Chicken Alfredo  Other: _____	#1 Pepperoni Pizza & Cookie #2 Chicken Quesadilla & Cookie  Other: _____
Sept 18	Sept 19	Sept 20	Sept 21	Sept 22
#1 Cheese Pizza #2 ½ Ham & Cheese Wrap w/Caesar Salad  Other: _____	#1 Pancakes & Blueberry Yogurt #2 Chicken Nuggets & Fries  Other: _____	#1 Hamburger Soup w/Biscuit #2 Garlic Slice  Other: _____	#1 Grilled Cheese & Chips #2 Mac & Cheese  Other: _____	#1 Mac & Cheese w/Cookie #2 Pepperoni Pizza  Other: _____
Sept 25	Sept 26	Sept 27	Sept 28	Sept 29
#1 Caesar Salad & ½ Chicken Wrap #2 Cheese Pizza  Other: _____	#1 Pancakes & Fruit #2 Hamburger & Fries  Other: _____	#1 Chicken Bowl (Mashed potatoes, corn, chicken and gravy) #2 Garlic Slice Other: _____	#1 Hot Dog & Cookie #2 Sweet & Sour Meatballs & Rice  Other: _____	<p style="text-align: center; font-size: 2em;"><b>PD Day No School For Students</b></p>

### Other Main Menu Choices:

#### Sandwiches

- Egg \$2.50
- Tuna \$2.50
- Chicken Salad \$2.50
- Chicken Wrap \$3.00

#### Salads

- Caesar Salad \$3.50
- Tossed Salad \$3.50
- Veggie Plate \$3.00

#### (Chopped Veggies served daily)

- \* If just ordering Juice, White Milk, or Chocolate Milk, the prices are as follows:
- Juice \$ .65
  - White Milk \$ .40
  - Chocolate Milk \$1.35
  - Chocolate Milk w/Meal \$4.50

#### Canteen when available:

- Welch's Fruit Snack \$1.00
- Fresh Breadsticks \$1.00
- Frozen Juice Bar \$1.00
- Baked Chips \$1.00
- Fresh Fruit \$ .50
- Goldfish \$ .50
- Cookie \$ .50
- Popcorn \$1.00
- Veggies & Dip \$ .50
- Yogurt Tubes \$1.00
- Slushie Cup \$1.00
- Fresh Muffins \$ .50
- Water \$1.00

