




January 2018 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****

Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
	No School	#1 Spaghetti & Meatballs #2 Garlic Slice Other: _____	#1 Chicken Nugget & Fries #2 Pancakes & Yogurt Other: _____	#1 Caesar Salad & Breadstick #2 Pepperoni Pizza Other: _____
Jan 8	Jan 9	Jan 10	Jan 11	Jan 12
#1 Breakfast Sandwich #2 Cheese Pizza Other: _____	#1 Lazy Lasagna #2 Grilled Cheese Other: _____	#1 Chicken Soup & Biscuit #2 Garlic Slice Other: _____	#1 Mac & Cheese #2 Pancakes & Yogurt Other: _____	#1 Chicken Wrap & Chips #2 Pepperoni Pizza Other: _____
Jan 15	Jan 16	Jan 17	Jan 18	Jan 19
#1 Mac & Cheese #2 Cheese Pizza Other: _____	#1 Chicken Nuggets & Fries #2 Grilled Cheese Other: _____	#1 Spaghetti & Meatballs #2 Grilled Cheese Other: _____	#1 Ham, Potatoes & Veggies #2 Pancakes & Yogurt Other: _____	#1 Hot Dogs #2 Pepperoni Pizza Other: _____
Jan 22	Jan 23	Jan 24	Jan 25	Jan 26
#1 Crispy Chicken Caesar Salad Wrap #2 Cheese Pizza Other: _____	#1 Hamburger & Fries #2 Grilled Cheese Other: _____	#1 Sweet & Sour Meatballs & Rice #2 Garlic Slice Other: _____	#1 Cheese Ravioli #2 Pancakes & Yogurt Other: _____	#1 Mac & Cheese #2 Pepperoni Pizza Other: _____

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
 Fresh Muffins \$.50
 Water \$1.00

