

~ Meal #1 ~

# September 2017



	Mon	Tue	Wed	Thu	Fri
<b>WEEK 1</b>	4 <b>Labour Day (no classes)</b>	5 <b>Staff Orientation (no classes)</b>	6 <b>Site-based PD (no classes)</b>	7 <i>ONLY ONE MEAL AVAILABLE TODAY</i> Nuggets, Fries & Veggie <i>Order forms sent home</i>	8 <i>ONLY ONE MEAL AVAILABLE TODAY</i> Garlic Fingers With Veggie Sticks & Cookie <i>Lunch Orders Due</i>
<b>WEEK 2</b>	11 Crispy Chicken Caesar Wrap & Cookie	12 Pancakes, Sausage & Fruit <b>XO</b>	13 Macaroni & Cheese with Salad	14 Beefy Nachos with Cheese Sauce & Salad <i>Order forms sent home</i>	15 Cheese Pizza with Veggie Sticks & Cookie <i>Lunch Orders Due</i>
<b>WEEK 3</b>	18 2 Pizza Sticks, Veggie & Cookie	19 Taco Salad with taco chips & small Welch's fruit snacks <b>XO</b>	20 Chicken Dinner in a Bowl (nuggets, potatoes, corn, gravy) Fall Cookie	21 Beefy Nachos With Salad <i>Order forms sent home</i>	22 Garlic Fingers with Veggie Sticks & Cookie <i>Lunch Orders Due</i>
<b>WEEK 4</b>	25 Spaghetti & Meatballs with Bread Stick	26 Goulash & Garlic Toast <b>XO</b>	27 Sweet & Sour Meatballs, Rice & Veggie	28 Beefy Nachos with Cheese Sauce & Salad <i>Order forms sent home</i>	29 Cheese Pizza with Veggie Sticks & Cookie <i>Lunch Orders Due</i>

**DAILY MEALS**    *Enfield Cold Plate with Drink & Cookie ~ \$4.00 (\$4.75 with chocolate milk)*  
*Hamburger/Cheeseburger Meal with Smoothie & Drink ~ \$4.00 (\$4.75 with chocolate milk)*  
*Grilled Cheese Sandwich Meal with Baked Lay's & Drink ~ \$4.00 (\$4.75 with chocolate milk)*  
*Pancakes with Yogurt & Fruit & Drink ~ \$4.00 (\$4.75 with chocolate milk)*

**Meal #1 or #2 includes meal and drink – Snacks may be ordered separately.**

~ Meal #2 ~

Mon	Tue	Wed	Thu	Fri
Grilled Cheese Sandwich & Baked Lays	Soft Beef Taco with Veggie, Salsa & Sour Cream	Hamburger or Cheeseburger with Smoothie or Nachos/Salsa	Nuggets, Fries & Veggie	Chicken Burger & Frozen Yogurt

## **Recess & Lunch Hour** (\*when available)

2% milk-250 ml	\$0.40
Skim milk-250 ml	\$0.40
Chocolate milk-250 ml	\$1.25
Water-500ml	\$1.00
Orange / Apple juice	\$0.60
Small Smoothie	\$1.00
Baked Chips	\$1.00
Pretzels	\$1.00
Pizza Stick ( <b>Wednesday</b> )	\$1.00
*Cookies	\$0.50
Welch's Fruit Snacks	\$1.25
Frozen Yogurt	\$1.00
Lolly (popsicle)	\$0.50
Cinnamon Buns ( <b>Tuesday</b> )	\$1.00

**Milk \$.40/carton or  
\$8.00/milk card**

## **Daily Specials**

**(Drink & Dessert Extra)**

**Add \$1.00 for breadstick with meal)**

Ham & Cheese Sandwich	\$3.00
Chicken Caesar Wrap	\$3.50
Grilled Cheese Sandwich	\$2.50
Sandwich or Wrap:	
- Chicken Salad	\$3.00
- Egg Salad	\$3.00
Salad -Tossed or Caesar	
- Small	\$2.75
- Large	\$3.75
Chicken Caesar Salad	\$4.50
- Small	\$3.50
Hamburger	\$2.75
Cheeseburger	\$3.25

**Meal Price - \$4.00**