



High School	Monday	Tuesday	Wednesday	Thursday	Friday
-------------	--------	---------	-----------	----------	--------

Week 1	Chicken Tatter Bowl (Mashed Potato, corn, Chicken and Gravy in a bowl) \$6.50	Chicken Fajita & Mexican Rice \$6.50	Pork Souvlaki in a Pita \$6.50	Spicy Beef Burrito with Fluffy White Rice and corn \$6.50	Hot Chicken on a bun, Served with Mashed Potato and Hot Vegetables \$6.50
---------------	---	--	-----------------------------------	---	--

Daily Pasta Option Served with Side Salad OR Garlic Bread stick \$5.50	Meat Lasagna	Spaghetti with Meat or Marina Sauce	Beef & Tomato Pasta Bake	Macaroni & Cheese	Fettuccini Alfredo
--	---------------------	--	---	------------------------------	---------------------------

Week 2	Oven Fired BBQ Chicken Flatbread Roll with Tomato and Cucumber Salad \$6.50	2 Soft Beef Tacos, Mexican Rice and Corn \$6.50	Pulled Pork on Bun with Mashed Potato and Side Garden Salad \$6.50	Chicken Stir fry on a bed of Rice \$6.50	Teriyaki Meatballs and Vegetables served on Fluffy Rice \$6.50
---------------	--	---	---	--	---

Daily Pasta Option Served with Side Salad OR Garlic Bread stick \$5.50	Penne with Meatballs and Peppers	Cheese and Turkey Pasta Bake	Pasta Primavera with Roasted Vegetables	Pasta Mexicano	Classic Alfredo Macaroni & Cheese
--	---	---	--	-----------------------	--



morning editions

Sunrise Sandwich with Egg & Cheese	\$3.75
VALUE COMBO! 2 Egg & Cheese	\$5.00
Sunrise Sandwich with Egg, Ham & Cheese	\$4.25
Fresh Fruit Cup	\$3.75
Breakfast Yogurt Parfait with Granola	\$3.75
Hash browns	\$3.00
Breakfast Combo Sunrise Sandwich, Hashbrown, Juice Can	\$6.25
Breakfast Box #1 Oatmeal Muffin, Yogurt Parfait, Water	\$5.25
Breakfast Box #2 Oatmeal Muffin, Fruit Cup, Water	\$5.25



italiano

Pepperoni Pizza Slice	\$4.00
Cheese Pizza Slice	\$4.00
Small Caesar Salad	\$4.00
Large Chicken Caesar Salad	\$7.00
Chicken Taco Salad	\$7.00
Chicken Snack Wrap	\$3.75
VALUE COMBO! 2 Snack Wraps	\$5.00



four seasons

Regular Hamburger (3oz)	\$4.75
Regular Cheeseburger (3oz)	\$5.50
Hot Daily Meal	\$6.25
Chicken Fingers /Wedges	\$5.75
Chicken Burger	\$4.50
Baked Fries or Potato Wedges	\$3.00
Lunch Box #1 Buffalo Chicken Snack Wrap, Baked Chips, Water	\$5.50
Lunch Box #2 Lg Chicken Caesar Salad, Oatmeal Cookie, Water	\$7.99
Lunch Box #3 Egg Salad Sandwich, Sm Caesar Salad, Water	\$5.99
Lunch Box #4 Tuna Sandwich, Dill Pickle Pasta Salad, Water	\$5.99
Veggie Lunch BOX Falafel Wrap, Dill Pickle Pasta Salad, Water	\$5.99



Start Up Menu



sweet temptations

Cinnamon Bun	\$1.50
Homemade Loaves (Slice)	\$1.50
Assorted 1oz Cookies	\$0.75
Frozen Yogurt 115ml	\$1.50
Green Apples Slices & Caramel	\$3.00



deli

Egg Salad Sandwich	\$4.00
Tuna, Ham & Cheese, Chicken Salad	\$4.00
Shaved Beef or Turkey	\$4.00
Chicken Caesar Wrap	\$5.50
Veggies & Dip	\$3.75
Baked Tortilla Chips & Salsa	\$2.75



drinks

250 ml white milk	\$0.50
500 ml white milk	\$0.80
250 ml chocolate milk	\$1.40
500 ml chocolate milk	\$2.30
Can Juice /300ml Juice	\$2.00
Tropicana Fruit Juice	\$3.00
473 ml Juice	\$3.00
Hot Chocolate	\$1.85
Water 500ml/591ml	\$1.50/\$2.00