

October 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



October 2	October 3	October 4	October 5	October 6
#1 Mac & Cheese #2 Cheese Pizza Other: _____	#1 Sweet & Sour Meat Balls & Rice #2 Pancakes & Yogurt Other: _____	Turkey Dinner (no other choices)	#1 Turkey Soup & Biscuit #2 Grilled Cheese Other: _____	#1 Chicken Wrap & Cookie #2 Pepperoni Pizza Other: _____
October 9	October 10	October 11	October 12	October 13
 Happy Thanksgiving	#1 Hamburger & Fries #2 Pancakes & Yogurt Other: _____	#1 Mac & Cheese #2 Garlic Slice Other: _____	#1 Lazy Lasagna #2 Grilled Cheese Other: _____	#1 Caesar Salad & Breadstick #2 Pepperoni Pizza Other: _____
October 16	October 17	October 18	October 19	October 20
#1 Taco Beef Nachos #2 Cheese Pizza Other: _____	#1 Chicken Nuggets & Fries #2 Pancakes & Yogurt Other: _____	#1 Breakfast Sandwich #2 Garlic Slice Other: _____	#1 Spaghetti & Meatballs #2 Grilled Cheese Other: _____	#1 Hot Dogs #2 Pepperoni Pizza Other: _____
October 23	October 24	October 25	October 26	October 27
#1 Chicken Alfredo #2 Cheese Pizza Other: _____	#1 Hamburger & Fries #2 Pancakes & Yogurt Other: _____	#1 Cheesy Burger & Fries #2 Garlic Slice Other: _____	#1 Ham Dinner (w/Potatoes and Veggies) #2 Grilled Cheese Other: _____	No School Provincial Conference

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	\$1.25
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	\$.75
Slushie Cup	\$1.00
Fresh Muffins	\$.50
Rice Krispie Square	\$.50
Water	\$1.00

