



# November 2020 Menu

Main Meals include 250 ml white milk or juice


Daily \$4.25 5 days- \$21.25, 10 days- \$42.50 (you can order by day, week or month.)

Meals with chocolate milk are \$5.00

Cheques made payable to Cobequid Schools Catering Society.

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

**Please circle drink choice.**

November 2	November 3	November 4	November 5	November 6
Mac & Cheese + Yogurt Tube  Milk AJ OJ CMilk	Spaghetti & Meatballs  Milk AJ OJ CMilk	Grilled Cheese & Chips  Milk AJ OJ CMilk	Breakfast Sandwich & Hashbrowns  Milk AJ OJ CMilk	Pepperoni Pizza & Cookie  Milk AJ OJ CMilk
November 9	November 10	November 11	November 12	November 13
Garlic slice & Cookie  M AJ OJ CM	Chicken Nuggets & Fries  M AJ OJ CM	  M AJ OJ CM	Cheese Pizza & Fruit Cup  M AJ OJ CM	<b>Assessment &amp; Evaluation Day</b>  <b>No School for Students</b>
November 16	November 17	November 18	November 19	November 20
Sweet & Sour Meatballs & Rice  M AJ OJ CM	Pancakes & Sausage  M AJ OJ CM	Garlic Slice  M AJ OJ CM	Grilled Cheese & Chips  M AJ OJ CM	Pepperoni Pizza & Cookie  M AJ OJ CM
November 23	November 24	November 25	November 26	November 27
Cheese Pizza & Yogurt Tube  M AJ OJ CM	Chicken Nuggets & Fries  M AJ OJ CM	Garlic Slice & Fruit Cup  M AJ OJ CM	Mac & Cheese & Biscuit  M AJ OJ CM	<b>Parent Teacher AM Site Based In-Service PM</b>  <b>No School for Students</b>

**Extra Lunch items available daily** (drink not included)

Chicken Wrap \$3.00  
Grilled Cheese \$3.00

**Canteen snacks:**

Popcorn \$1.00  
Fresh Breadsticks \$1.00  
Yogurt Tubes \$1.00  
Baked Chips \$1.00  
Slushie Cup \$1.00  
\*Cinnamon Roll \$1.00\*when available  
Fresh Muffins \$0.50  
Goldfish \$0.50  
Cookie \$0.50

\*\* If just ordering Juice, White Milk or  
Chocolate Milk (please cross out meal  
choice on ticket) see below:

Juice \$0.65  
White Milk \$0.40  
Chocolate Milk \$1.35  
Chocolate Milk w/Meal \$5.00

