



October 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.

October 5	October 6	October 7	October 8	October 9
Pasta Salad & Ham Roll Up Milk AJ OJ CMilk	Grilled Cheese & Chips M AJ OJ CM	Chiganois Lunchable M AJ OJ CM	Hot Turkey Burgers & Slushie M AJ OJ CM	Caesar Salad & Cookie Chicken/no chicken M AJ OJ CM
October 12	October 13	October 14	October 15	October 16
 Gobble Gobble	Breakfast Sandwich & Yogurt Tube M AJ OJ CM	Chicken Wrap & Yogurt Tube M AJ OJ CM	Grilled Cheese & Chips M AJ OJ CM	Turkey Sub & Cookie M AJ OJ CM
October 19	October 20	October 21	October 22	October 23
Caesar Salad & Muffin M AJ OJ CM	Grilled Cheese & Chips M AJ OJ CM	Spaghetti & Meatballs M AJ OJ CM	Chiganois Lunchable M AJ OJ CM	Grilled Pepperoni & Cheese Pizza Pocket M AJ OJ CM
October 26	October 27	October 28	October 29	October 30
Scrambled Eggs, Sausage & ½ Bagel M AJ OJ CM	Lazy Lasagna & Breadstick M AJ OJ CM	Chiganois Lunchable M AJ OJ CM	Chicken Wrap & Chips M AJ OJ CM	Grilled Pepperoni & Cheese Pizza Pocket M AJ OJ CM

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

