



# October 2021 Menu


Daily \$4.75 (white milk or juice) \$5.50 with Chocolate Milk.

You can order daily, weekly or by the month.

Cheques made payable to Cobequid Schools Catering Society.

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

**\*\*Please circle meal and drink choice\*\***

Oct 4	Oct 5	Oct 6	Oct 7	Oct 8
#1 Pancakes, Fruit & Yogurt Tubes #2 Cheese Pizza & Fruit  W. Milk Ch. Milk Bottled Water	#1 Soft Shell Tacos #2 Macaroni Bake (macaroni, tomato sauce and cheese) & Salad  W. Milk Ch. Milk Bottled Water	#1 Ham Dinner #2 Grilled Cheese & Veggie Sticks  W. Milk Ch. Milk Bottled Water	#1 Spaghetti & Caesar Salad #2 Hamburger & Fruit  W. Milk Ch. Milk Bottled Water	#1 Chicken Burger with` Fruit Slushy or Yogurt Cup #2 Pepperoni Pizza with Fruit Slushy or Yogurt Cup  W. Milk Ch. Milk Bottled Water
Oct 11	Oct 12	Oct 13	Oct 14	Step 15
	#1 Breakfast Sandwich, Hash Brown Sticks & Fruit #2 Mac & Cheese & Veggie Sticks  W. Milk Ch. Milk Bottled Water	#1 Sloppy Joes & Potato Wedges #2 Grilled Cheese & Potato Wedges  W. Milk Ch. Milk Bottled Water	#1 Sweat & Sour Meatballs & Rice & Corn #2 Hamburger & Fruit  W. Milk Ch. Milk Bottled Water	#1 Garlic Pizza & Salad #2 Pepperoni Pizza & Salad  W. Milk Ch. Milk Bottled Water
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22
#1 French Toast & Bacon #2 Garlic Pizza & Fruit  W. Milk Ch. Milk Bottled Water	#1 Taco Salad #2 Hamburger & Fruit  W. Milk Ch. Milk Bottled Water	#1 Chicken Bowl #2 Grilled Cheese & Veggies  W. Milk Ch. Milk Bottled Water	#1 Lazy Lasagna & Caesar Salad #2 Pepperoni Pizza & Caesar Salad  W. Milk Ch. Milk Bottled Water	<b>Provincial Conference Day</b>  <b>No School</b>
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29
#1 Pancakes, Fruit & Yogurt Tubes #2 Cheese Pizza & Fruit  W. Milk Ch. Milk Bottled Water	<b>Toonie Tuesday</b>	#1 Chicken Nuggets & Fries #2 Grilled Cheese & Fries  W. Milk Ch. Milk Bottled Water	#1 Spaghetti & Caesar Salad #2 Chicken, Bacon Wrap & Caesar Salad  W. Milk Ch. Milk Bottled Water	#1 Chicken Burger with` Fruit Slushy or Yogurt Cups #2 Pepperoni Pizza with` Fruit Slushy or Yogurt Cups  W. Milk Ch. Milk Bottled Water

**Extra lunch items available daily** (Drink not included)

Chicken Wrap	\$3.00
Grilled Cheese	\$3.00
Egg Salad	\$3.00
Tuna Salad	\$3.00
Chicken Caesar Salad	\$4.00

\*If just ordering a beverage please cross out meal and circle choice\*

Bottled Water	\$1.00
White Milk	\$.45

**Canteen snacks:**

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



**MI'KMAQ**  
WIKEWIKU'S HISTORY MONTH OCTOBER