



September 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****

		Sept 1		Sept 2	
		No School Orientation Day for Staff		No School Regional Professional Development Day	
Sept 6	Sept 7	Sept 8	Sept 9	Sept 10	
	Pancakes & Sausage Milk AJ OJ CMilk	Hamburger & Fruit Milk AJ OJ CMilk	Grilled cheese & veggies Milk AJ OJ CMilk	Pepperoni Pizza & Watermelon Milk AJ OJ CMilk	
Sept 13	Sept 14	Sept 15	Sept 16	Sept 17	
#1 Pancakes & Yogurt #2 Mac & Cheese & Breadstick Milk AJ OJ CMilk	#1 Tacos #2 Hamburger & veggies Milk AJ OJ CMilk	#1 Cod nuggets & Potatoes #2 Garlic Slice Milk AJ OJ CMilk	#1 Caesar Salad #2 Spaghetti & Breadstick Milk AJ OJ CMilk	#1 Hot Chicken Burger & Veggies #2 Pepperoni Pizza Milk AJ OJ CMilk	
Sept 20	Sept 21	Sept 22	Sept 23	Sept 24	
#1 Breakfast Sandwich & Yogurt Tube #2 Cheese Pizza & Fruit Milk AJ OJ CMilk	#1 Chicken Burger & Fruit #2 Garlic Slice & Fruit Milk AJ OJ CMilk	#1 Chicken Quesadilla & Caesar Salad #2 Cheese Pizza & Fruit Milk AJ OJ CMilk	#1 Taco Salad #2 Chicken Bowl Milk AJ OJ CMilk	#1 Chicken Burger & Fruit #2 Pepperoni Pizza Milk AJ OJ CMilk	
Sept 27	Sept 28	Sept 29	Sept 30	Oct 1	
No School Professional Development Day	#1 Hamburger & Oven Fries #2 Grilled Cheese & oven Fries Milk AJ OJ CMilk	#1 Soft Taco Wrap & Caesar Salad #2 Breakfast Sandwich Milk AJ OJ CMilk	No School Truth and Reconciliation Day	#1 Chicken Burger & Fruit #2 Pepperoni Pizza Milk AJ OJ CMilk	

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 a beverage please cross out meal and circle choice:

- Juice \$.65
- White Milk \$.45
- Chocolate Milk \$1.50
- Chocolate Milk w/Meal \$5.50

