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Elementary Menu 2019-2020

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	**Sept. 9 – 13 Sept. 23 – 27 Oct. 7 - 11 Oct. 21 – 25 Nov. 4 – 8 Nov. 18 – 22 Dec. 2 – 6 Dec. 16 – 20 Jan. 13 – 17 Jan. 27 - 31**	Goulash and Small Milk or Juice $5.50	Hot Chicken Sandwich with Mashed Potatoes, Veggies and Small Milk or Juice $5.50	BBQ Chicken Flatbread with Small Milk or Juice $5.50	Spaghetti with Meat Sauce, and Small Milk or Juice $5.50	Chicken Quesadilla with Small Milk or Juice $5.50
Week 2	**Sept. 16 – 20 Sept. 30 – Oct. 4 Oct. 14 – 18 Oct. 28 – Nov. 1 Nov. 11 – 15 Nov. 25 – 29 Dec. 9 – 13 Jan. 6 – 10 Jan. 20 – 24 Feb. 3 - 7**	Pancakes, Chicken Sausages and Small Milk or Juice $5.50	BBQ Chicken Drumstick with Mashed Potato, Veggies and Small or Juice $5.50	Chicken Stir Fry with Rice and Small Milk or Juice $5.50	Creamy Macaroni and Cheese Small Milk or Juice $5.50	Ham and Cheese Bagel with Orange Slices and Small Milk or Juice $5.50

SELECT & PAY FOR MEALS ONLINE @ www.CafZone.ca OR PLACE ORDER IN ENVELOPE OR BAGGIE WITH CHILD'S NAME, CLASS, AND CHOICE

Every Week	**Daily Combo**	**Monday Only** Pizza Slice with a Cookie and a Small Milk or Juice $5.00	**Tuesday Only** Chicken Nuggets with Baked Fries and Small Milk or Juice $5.75	**Wednesday Only** Garlic Round with Small Milk or Juice $5.00	**Thursday Only** Fun Fuel Pack (pancake strips with strawberry dip, fresh fruit, and mini brownie bite) and Small Milk or Juice $5.50	**Friday Only** Pizza Slice with a Cookie and a Small Milk or Juice $5.00
	WE MEAL * Either of these meals can be ordered daily. For each meal sold .25 will be donated to feed the less fortunate.	**AVAILABLE DAILY**	Chicken Nuggets with Veggies and Dip and a Small Milk or Juice $5.75	Chicken Snack Wrap with a Fresh Fruit Cup and a Small Milk or Juice $5.50	Grilled Cheese with a Cookie and a Small Milk or Juice $5.00	

Price list

Add side Caesar Or Garden Salad to Daily Special	**$1.50**
Daily Special without Beverage	**$5.00**
Sandwiches:	
Grilled Cheese	$3.75
Ham & Cheese Sandwich	$3.75
Crispy Chicken Wrap	$5.25
Grilled Chicken Wrap	$5.25
6 Inch Pizza or Ham Sub	$3.75
Drinks:	
250ml White/Choc Milk	$0.60
114ml Juice	$1.00
341ml Can Juice	$2.00
591ml Bottled Water	$2.25
Fruity Slush Cups	$1.50
Salads:	
Caesar Salad	$3.75
Garden Salad	$3.75
Chicken Caesar Salad	$5.25
Other	
Baked Fries/Wedges	$3.25
Chicken Strips/ Nuggets & Dip	$4.75
Chicken Burger	$4.25
Hamburger	$3.50
Cheeseburger	$4.25
Add fries to any Burger	$2.25
Homemade Soup & Crackers	$3.50
Ham Fuel Pak	$5.00
Pizza Slice	$3.75
Garlic Round	$5.00
Snacks:	
Popcorn (Wed only)	$1.50
Veggies and Dip	$2.00
Low Fat Cookie	$0.75
Rice Krispie Square	$1.25
Muffins	$1.75
Fresh Fruit	$1.25
Fruit Cup	$2.50
Apple Slices	$2.00
Pudding Cup	$1.50
Baked Chips	$1.75
Cinnamon Bun	$1.75
Chapman's Frozen Yogurt Cup	$1.50
Ice Cream Scoop	$1.50
Toasted Bagel	$2.00
Bacon and Cheese Bagel	$3.25
Cereal & Milk (Rice Krispies or Special K)	$2.50