

January 2018 Menu

Upper Stewiacke Elementary

Meals include 250 ml white milk or 118 ml juice (apple / orange). Cheques made payable to
Cobequid Schools Catering Society.

Daily. \$4.00- Tuesday, Wednesday, Thursday, & Friday (\$16.00) - 75 cents extra for chocolate milk.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan. 1-5 Healthy Choice # 1 Healthy Choice # 2	NO SCHOOL	NO SCHOOL	Breakfast Sandwich with yogurt/ apple sauce Grilled Cheese & Baked Chips	Chicken Noodle Soup & roll Pancakes and Ham	Tuna Noodle Casserole Pepperoni Pizza
Jan. 8-12 Healthy Choice # 1 Healthy Choice # 2	BRING LUNCH	Chicken Bowl Spaghetti & Meatballs	Breaded Chicken Burger Grilled Cheese & Baked Chips	Chicken Quesadilla Pancakes & Ham	Mac & Cheese Pepperoni Pizza
Jan. 15-19 Healthy Choice # 1 Healthy Choice # 2	BRING LUNCH	Shepherd's Pie Bowl Spaghetti & Meatballs	Breakfast Sandwich, Yogurt/Apple Sauce Grilled Cheese & Baked Chips	Chicken Noodle Soup & roll Pancakes & Ham	Garlic Fingers with Bacon FREE LUNCH Pepperoni Pizza
Jan. 22-26 Healthy Choice # 1 Healthy Choice # 2	BRING LUNCH	Cinnamon French Toast & Fruit Spaghetti & Meatballs	Breaded Chicken Burger Grilled Cheese & Baked Chips	Chicken Quesadilla Pancakes & Ham	Macaroni Goulash Pepperoni Pizza

Upper Stewiacke Elementary School Price List – 2017-2018

Recess Items

Baked Chip Snacks	1.00
Baked Snack	.50
Fresh Fruit	.50
Cheese Strings	.75
Other Treats Dessert of the day	.50
Caesar Salad	2.00/large 3.50
Chicken Wrap	3.50
Welchs	1.25
Bread Sticks	1.00

Beverages

Small white milk	.40
Small juice	.60
Small Chocolate milk	1.35
355 ml Bottled water	1.00

Hamburger \$2.75 & Cheeseburger \$3.00
 Can be ordered any day.

7" CHEESE PIZZA OR GARLIC FINGERS
\$3.60
WITH DRINK \$4.00
WITH CHOCOLATE MILK \$4.75