



High School **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**

Week 1	Chicken Tatter Bowl (Mashed Potato, corn, Chicken and Gravy in a bowl) \$6.25	Chicken Fajita & Mexican Rice \$6.25	Pork Souvlaki in a Pita \$6.25	Spicy Beef Burrito with Fluffy White Rice and corn \$6.25	Hot Chicken on a bun, Served with Mashed Potato and Hot Vegetables \$6.25
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Daily Pasta Option Served with Side Salad OR Garlic Bread stick \$5.25	Meat Lasagna	Spaghetti with Meat or Marinara Sauce	Beef & Tomato Pasta Bake	Macaroni & Cheese	Fettuccini Alfredo
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Week 2	Oven Fired BBQ Chicken Flatbread Roll with Tomato and Cucumber Salad \$6.25	2 Soft Beef Tacos, Mexican Rice and Corn \$6.25	Pulled Pork on Bun with Mashed Potato and side Garden Salad \$6.25	Chicken Stir fry on a bed of Rice \$6.25	Teriyaki Meatballs and Vegetables served on Fluffy Rice
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Daily Pasta Option Served with Side Salad OR Garlic Bread stick \$5.25	Penne with Meatballs and Peppers	Cheese and Turkey Pasta Bake	Pasta Primavera with Roasted Vegetables	Pasta Mexicano	Classic Alfredo Macaroni & Cheese
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morning editions

Sunrise Sandwich with Egg & Cheese	
VALUE COMBO! 2 Egg & Cheese	\$3.50
Sunrise Sandwich with Egg, Ham & Cheese	\$5.00
Fresh Fruit Cup	\$4.00
Breakfast Yogurt Parfait with Granola	\$3.75
Hash browns	\$3.75
Breakfast Combo sunrise Sandwich, Hashbrown, Juice Can	\$3.00
Breakfast Box #1 Oatmeal Muffin, Yogurt Parfait, Water	\$6.25
Breakfast Box #2 Oatmeal Muffin, Fruit Cup, Water	\$5.25
	\$5.25



italiano

Pepperoni Pizza Slice	\$3.85
Cheese Pizza Slice	\$3.85
Small Caesar Salad	\$4.00
Large Chicken Caesar Salad	\$7.00
Chicken Taco Salad	\$7.00
Chicken Snack Wrap	\$3.75
VALUE COMBO! 2 Snack Wraps	\$5.00



four seasons

Regular Hamburger (3oz)	
Regular Cheeseburger (3oz)	
Hot Daily Meal	
Chicken Fingers /Wedges	
Chicken Burger	
Baked Fries or Potato Wedges	
Lunch Box #1 Buffalo Chicken Snack Wrap, Baked Chips, Water	
Lunch Box #2 Lg Chicken Caesar Salad, Oatmeal Cookie, Water	
Lunch Box #3 Egg Salad Sandwich, Sm Caesar Salad, Water	
Lunch Box #4 Tuna Sandwich, Dill Pickle Pasta Salad, Water	
Veggie Lunch Box Falafel Wrap, Dill Pickle Pasta Salad, Water	

Start Up Menu



sweet temptations

Cinnamon Bun	\$1.50
Homemade Loaves (Slice)	\$1.50
Assorted 1oz Cookies	\$0.75
Frozen Yogurt 115ml	\$1.50
Green Apples Slices & Caramel	\$3.00



deli

Egg Salad Sandwich	\$3.80
Tuna, Ham & Cheese, Chicken Salad	\$3.80
Shaved Beef or Turkey	\$4.00
Chicken Caesar Wrap	\$5.50
Veggies & Dip	\$3.50
Baked Tortilla Chips & Salsa	\$2.50



drinks

250 ml white milk	\$0.50
500 ml white milk	\$0.80
250 ml chocolate milk	\$1.40
500 ml chocolate milk	\$2.30
Can Juice /300ml Juice	\$1.75
Tropicana Fruit Juice	\$3.00
473 ml Juice	\$3.00
Hot Chocolate	\$1.85
Water 500ml/591ml	\$1.50/\$2.00



chartwells

eat learn. live.