

Monday

Tuesday

Wednesday

Thursday

Friday



Sweet & Sour Meatballs
Whole Grain Rice
Celery Sticks
Pineapple Tidbits
Milk or Water

2

Lasagna Bake
Garlic Naan Bread
Carrot Coins
Diced Pears
Milk or Water

3

Chicken Fajita
Fiesta Pasta Salad
Corn
Tropical Fruit Salad
Milk or Water

4

Cheese Pizza
Garden Salad
Sliced Cucumbers
Peach Quarters
Milk or Water

5

Pancakes
Lite Syrup
Breakfast Turkey Patty
Orange Wedges
Milk or Water

6

Cheese Pizza
Caesar Salad
Sliced Cucumbers
Peach Quarters
Milk or Water

9

Chicken Quesadilla
Whole Grain Rice
Celery Sticks
Pineapple Tidbits
Milk or Water

10

Beef Burger
Creamy Pasta Salad
Carrot Sticks
Diced Pears
Milk or Water

11

Chicken Penne Alfredo
Garlic Naan Bread
Mixed Veggies
Honeydew Melon
Milk or Water

12

Waffles
Lite Syrup
Breakfast Turkey Patty
Mandarin Oranges
Milk or Water

13

Beef Burger
Tossed Salad
Carrot Coins
Diced Pears
Milk or Water

16

Honey Garlic Meatballs
Whole Grain Rice
Celery Sticks
Fruit Salad
Milk or Water

17

Cheese Pizza
Mediterranean Orzo
Sliced Cucumbers
Peach Quarters
Milk or Water

18

Beef Taco
Fiesta Pasta Salad
Corn
Cantaloupe
Milk or Water

19

Pancakes
Lite Syrup
Breakfast Turkey Patty
Orange Wedges
Milk or Water

20



23

Beef Burger
Creamy Pasta Salad
Carrot Coins
Diced Pears
Milk or Water

24

Macaroni & Cheese
Garlic Naan Bread
Mixed Veggies
Watermelon
Milk or Water

25

Waffles
Lite Syrup
Breakfast Turkey Patty
Mandarin Oranges
Milk or Water

26

Chicken Caesar Wrap
Roasted Herb Potatoes
Corn
Tropical Fruit Salad
Milk or Water

27

Cheese Pizza
Mediterranean Orzo
Sliced Cucumbers
Peach Quarters
Milk or Water

30

Sweet & Sour Meatballs
Whole Grain Rice
Celery Sticks
Pineapple Tidbits
Milk or Water

31

We need your support...
We ask **\$3.75** per meal, and believe this is a great value for the meals we serve.
We are asking each family to contribute this amount, if possible.

709-754-5323
schoollunch.ca
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