

Monday



2

Tuesday

Chicken Penne Alfredo
Garlic Naan Bread
Mixed Veggies
Fruit Salad
Milk or Water

3

Wednesday

Waffles
Lite Syrup
Breakfast Turkey Patty
Mandarin Oranges
Milk or Water

4

Thursday

Honey Garlic Meatballs
Whole Grain Rice
Carrot Coins
Diced Pears
Milk or Water

5

Friday

Chicken Fajita
Caesar Salad
Corn
Pineapple Tidbits
Milk or Water

6

Macaroni & Cheese
Garlic Naan Bread
Mixed Veggies
Peach Quarters
Milk or Water

9

Beef Taco
Fiesta Pasta Salad
Celery Sticks
Mandarin Oranges
Milk or Water

10

Sweet & Sour Meatballs
Whole Grain Rice
Carrot Sticks
Orange Wedges
Milk or Water

11

Beef Burger
Creamy Pasta Salad
Corn
Fruit Salad
Milk or Water

12

Cheese Pizza
Garden Salad
Sliced Cucumbers
Diced Pears
Milk or Water

13

Waffles
Lite Syrup
Breakfast Turkey Patty
Mandarin Oranges
Milk or Water

16

Lasagna Bake
Garlic Naan Bread
Carrot Sticks
Tropical Fruit Salad
Milk or Water

17

Cheese Pizza
Mediterranean Orzo
Sliced Cucumbers
Peach Quarters
Milk or Water

18

Meatball Sub
Whole Grain Rice
Corn
Diced Pears
Milk or Water

19

Cheese Burger
Caesar Salad
Carrot Coins
Pineapple Tidbits
Milk or Water

20

Pancakes
Lite Syrup
Breakfast Turkey Patty
Peach Quarters
Milk or Water

23

Goulash
Garlic Naan Bread
Mixed Veggies
Diced Pears
Milk or Water

24

Chicken Quesadilla
Whole Grain Rice
Carrot Sticks
Mandarin Oranges
Milk or Water

25

Beef Burger
Creamy Pasta Salad
Corn
Fruit Salad
Milk or Water

26

Cheese Pizza
Tossed Salad
Sliced Cucumbers
Pineapple Tidbits
Milk or Water

27

Waffles
Lite Syrup
Breakfast Turkey Patty
Mandarin Oranges
Milk or Water

30

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

31

We need your support...

We ask **\$4.00** 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

f /schoollunch.ca

t @SCHOOLLUNCHASN