

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Sept. 28- Oct 2	Chicken Caesar Snack Wrap Served with Fresh Fruit	Sloppy Jo served with Carrot Sticks and Dip	Freshly Tossed Pasta with Tomato Sauce and Cheddar Cheese. Served with Garlic Toast	2 Soft Beef Tacos made to order. Served with Corn	3 Buttermilk Pancakes Topped with Mixed Berries and Served with Syrup
	Oct 12-16	Large Slice 3 Cheese Pizza with a Side Caesar Salad,	Breaded Chicken Nuggets with Dip with Carrot Sticks or Baked Potato Wedges	Ham and Cheese Breakfast Sandwich Served with Fresh Fruit	Lean Hamburger Served with Carrots and Dip or Baked Potato Wedges	Caesar Salad Served with a Half of a Garlic Round with Dip
Week 2	Oct 5-9	Home-style Chicken Alfredo served with Garlic Toast	Chicken Quesadilla with Sour Cream, Served with Rice	Spaghetti with Meatballs Served with Garlic Breadstick	Pizza Bites Served with Baked Potato Wedges	3 Buttermilk Pancakes Topped with Berries and Served with Syrup
	Oct 19-23	Grilled Cheese Sandwich served with Homemade Chicken noodle soup	Breaded Chicken Nuggets with Dip and Served with Baked Potato Wedges	Oven Baked Breaded Chicken Burger served with Carrot sticks and Dip	Lean Hamburger Served with Baked Potato Wedges	Fresh Baked Garlic Fingers with Dip Served with Fresh Fruit

PRICE LIST

Meal Price	\$4.35
Meal Price including Milk	\$4.75
Meal Price with 125ml Chocolate Milk	\$6.10

**Sandwiches:**

Egg Salad Sandwich	\$3.00
Chicken Sandwich	\$3.25
Ham & Cheese Sandwich	\$3.00
6" Turkey Sub	\$4.25
6" Ham or Deli Sub	\$3.50

**Drinks:**

White Milk	\$0.40
250ml Chocolate Milk	\$1.75
125ml Cup Choc. Milk	\$1.00
114ml Juice	\$0.65
Box Juice	\$1.25

**Salads:**

Caesar Salad	\$3.00
Garden Salad	\$3.00

**Other**

Chicken Snack Wrap	\$2.75
Hamburger (lean)	\$3.00
Grilled Cheese	\$2.75

**Pizza**

<b>Sm Slice</b>	\$2.75
<b>Lg. Slice</b>	\$3.00
<b>Garlic Slice</b>	\$3.00

**Snacks:**

Carrot sticks with Dip	\$1.25
Fresh Fruit -local	\$1.00
Low Fat Cookie	\$0.60
Rice Krispie Square	\$0.80
Small Low Fat Muffins	\$1.00
Low Fat Cin-Bun	\$1.30
Fruit Cup	\$1.50
Yogurt Parfait	\$1.80
Pudding Cup	\$1.25