



October 2017 Maple Ridge

Cheques made payable to Cobequid School Catering Society

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Chicken Noodle Soup And Breadstick	Tuesday Sweet and Sour Meatballs With Rice and Corn	Wednesday Spaghetti & Meat Sauce with garlic breadstick	Thursday XO Steppy Joe & Nacho Chips	Friday Chicken Burger & Baked Lays Chips
Monday Happy Thanksgiving!! (No School)	Tuesday MRE Cold Plate (cheese, veggies, fruit slices, deli ham and goldfish crackers)	Wednesday Spaghetti & Meat Sauce with garlic breadstick	Thursday XO Ham and Cheese Suli & Goldfish	Friday Chicken Burger & Baked Lays Chips
Monday Beef and Cheese Soft Taco & Nacho Chips	Tuesday Chili & Garlic toast	Wednesday Spaghetti & Meat Sauce with garlic breadstick	Thursday XO MRE Cold Plate (cheese, veggies, fruit slices, deli ham and goldfish crackers)	Friday Chicken Burger & rookie
Monday Popoverni Pizza & Crackie	Tuesday BBQ Meatballs With Mashed potatoes and side of veggies	Wednesday Spaghetti & Meat Sauce with garlic breadstick	Thursday XO Hamburger & Frozen Yogurt	Friday Hamburger & Frozen Yogurt

X & O Day!
 On the bottom of random plates, there will be an X or an O,
 Whoever has one on their plate gets a free cookie!

Recess & Lunch hour ** (When Available)	
2% Milk-250ml	\$0.40
Skim milk-250ml	\$0.40
Choc. Milk-250ml	\$1.35
Water-500ml	\$1.00
Orange/Apple Juice-114ml	\$0.60
Baked Chips	\$1.00
**Cinnamon roll	\$1.00
**Rye Crispy Squirtle	\$0.50
**Muffin	\$0.50
Goldfish Crackers	\$0.25
Cookies	\$0.50
Wedgies Fruit Snacks	\$0.50
**Breadsticks	\$1.00
Daily Specials	
(Can be ordered on lunch forms)	
Ranch/Caesar Chicken Wrap	\$4.50
Tuna, Ham & Cheese, Chicken Sandwich	\$3.00
Grilled Cheese	\$3.00
Garden or Caesar Salad	(sm) \$2.50
Chicken and \$1.00	(1lg) \$3.50
Meals with white milk or juice	\$4.00
Meals with Choc. Milk	\$4.75
*Occasionally, substitutions may need to be made by kitchen.	