

September 2018 Maple Ridge



Cheques made payable to Cobequid School Catering Society

Meal #1

WELCOME BACK TO SCHOOL!

Monday	Tuesday	Wednesday	Thursday	Friday
Garlic Fingers & Goldfish	MRE Cold Plate (cheese, veggies, fruit slices, deli ham and goldfish crackers)	Spaghetti & Meat Sauce with garlic breadstick	Ham and Cheese Sub & Nacho Chips	Chicken Burger & Baked Lays Chips
10	11	12	13	14
Chicken Noodle Soup With Goldfish and apple slices	Sloppy Joe With Nacho Chips	Spaghetti & Meat Sauce with garlic breadstick	MRE Cold Plate (cheese, veggies, fruit slices, deli ham and goldfish crackers)	Chicken Burger & cookie
17	18	19	20	21
Pepperoni Pizza & Cookie	Ham and Cheese Sub With Goldfish and apple slices	Spaghetti & Meat Sauce with garlic breadstick	Hamburger & Frozen Yogurt	<i>Liteville</i> No School!
24	25	26	27	28

Meal #2

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes & Ham	Chicken Nuggets & Baked Fries	Grilled Cheese & Baked Lays Chips	3 Cheese Pizza & Veggies or Fruit	Hamburger & Frozen Yogurt

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
**Rice Crispy Square	\$0.50
**Muffin	\$0.50
Goldfish Crackers	\$0.50
Cookies	\$0.50
Welches Fruit Snacks	\$0.50
Daily Specials	
(Can be ordered on lunch forms)	
Ranch/Caesar Chicken Wrap	\$4.00
Tuna, Eggs, Chicken Sandwich	\$3.50
Grilled Cheese	\$3.50
Garden or Caesar Salad	(sm) \$2.75 (1lg) \$3.75
Meals with white milk or juice	\$4.25
Meals with Choc. Milk	\$5.00

*Occasionally, substitutions may need to be made by kitchen.

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

X & O Day!