




Menu P-8 2022-2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Mac 'n Cheese with Veggies & Dip <small>served with choice of milk or juice</small> \$6.50	Tex Mex Tacos with Mexican Rice and Corn <small>served with choice of milk or juice</small> \$6.50	Sweet & Sour Chicken, Rice Bowl & Stir Fried Veggies <small>served with choice of milk or juice</small> \$6.50	Spaghetti with Meat Sauce & Caesar Salad <small>served with choice of milk or juice</small> \$6.50	Hamburger & Roasted Potato Wedges <small>served with choice of milk or juice</small> \$6.50
WEEK 2	Baked Goulash with Caesar Salad <small>served with choice of milk or juice</small> \$6.50	Lasagna & Garlic Breadstick <small>served with choice of milk or juice</small> \$6.50	Hot Chicken on a Bun, with Side Corn <small>served with choice of milk or juice</small> \$6.50	Shepherds Pie Bowl with Steamed Carrots <small>served with choice of milk or juice</small> \$6.50	BBQ Chicken Drumstick, Mashed Potato & Carrot Sticks <small>served with choice of milk or juice</small> \$6.50
Daily Alternate Meal Week 1 and 2	Popcorn Chicken Mashed Potato Bowl & Corn <small>served with choice of milk or juice</small> \$6.50	Grilled Cheese Sandwich & Chicken Noodle Soup <small>served with choice of milk or juice</small> \$6.50	Cheese Pizza Slice & Caesar Salad <small>served with choice of milk or juice</small> \$6.50	Chicken Nuggets, Home Made Wedges & Veggies <small>served with choice of milk or juice</small> \$6.50	Pancakes with Syrup & Fresh Fruit <small>served with choice of milk or juice</small> \$6.50
<u>WEEK 1 DATES</u>			<u>WEEK 2 DATES</u>		
September 6- 8 September 19 - 22 October 3 - 7 October 17 - 21 October 31 - Nov 4 November 14 - 18 Nov 28 - Dec 2	December 12 - 16 December 26 - 30 January 9 - 13 January 23 - 27 February 6 - 10 February 20 - 24 March 6 - 10	March 20 - 24 April 3 - 7 April 17 - 21 May 1 - 5 May 15 - 19 May 29 - June 2 June 12 - 16	September 12 - 16 September 26 - 30 October 10 - 14 October 24 - 28 November 7 - 11 November 21 - 25 December 5 - 9	December 19 - 23 January 2 - 6 January 16 - 20 January 30 - February 3 February 13 - 17 February 27 - March 3 March 13 - 17	March 27 - 31 April 10 - 14 April 24 - 28 May 8 - 12 May 22 - 26 June 5 - 9 June 19 - 23



Daily Items P-8 2022-2023



 BREAKFAST <small>WEEK-ND-DAILY</small>	Bagel with Butter	\$ 2.25
	Bagel with Cream Cheese	\$ 3.25
	Yogurt Parfait	\$ 3.00
 GRILL <small>COOK WITH STYLE</small>	Grilled Hamburger	\$ 4.25
	Cheeseburger	\$ 5.00
	Grilled Chicken Burger	\$ 4.75
	Crispy Chicken Burger	\$ 4.75
	Chicken Nuggets with Sauce	\$ 3.75
	Hand Made Oven Roasted Potato Wedges	\$ 3.40
	Baked Popcorn Chicken with Sauce	\$ 3.75
	Baked Fries	\$ 3.40
Gravy	\$ 0.50	
 SANDWICH <small>DELICIOUS</small>	Tuna Salad Sandwich on WW	\$ 4.25
	Grilled Cheese Sandwich	\$ 4.10
	Ham & Cheese on WW	\$ 4.25
	Chicken Snack Wrap	\$ 4.00
 SALAD <small>GREEN WITH ENVY</small>	Garden Salad - 12oz	\$ 3.50
	Caesar Salad - 12oz	\$ 3.50
	Fruit Salad	\$ 2.75
	Tomato Basil Pasta Salad	\$ 4.50
 PIZZA <small>FAST, FRESH, DELICIOUS</small>	Pizza Slice	\$ 4.25
	Garlic Fingers	\$ 4.50
	Panzarotti	\$ 6.00

 GRAB & GO <small>QUICK CUISINE</small>	Baked Tortillas and Salsa	\$ 2.75
	Veggies and Dip with Hummus	\$ 3.65
	Veggies and Dip with Ranch	\$ 3.00
	Cheese, Grapes and Crackers	\$ 3.95
	Apple Wedges with Honey Yogurt Dip	\$ 3.00
	Local Apples	\$ 1.50
 GRAB & GO <small>QUICK CUISINE</small>	Bananas	\$ 1.50
	Fresh Grapes (2oz)	\$ 1.85
	Fruit Smoothie	\$ 2.75
	Carrot & Celery sticks with dip	\$ 2.00
	Small Milk	\$ 0.40
	Large Milk	\$ 0.80
 GRAB & GO <small>QUICK CUISINE</small>	Small Chocolate Milk	\$ 2.00
	Large Chocolate Milk	\$ 3.00
	500ml Water Nestle	\$ 1.75
	591ml Water Aquafina/Dasani	\$ 2.25
	Can Juice	\$ 2.00
	Sparkling Can Water	\$ 2.00
 BAKERY <small>HAVE A BITE</small>	1oz Cookie	\$ 0.85
	Fresh Baked Muffin Small	\$ 1.25
	Reduced Fat Banana Loaf	\$ 1.50
	Oatmeal Berry Loaf	\$ 1.50
	Cinnamon Buns	\$ 1.75
Rice Krispie Square	\$ 1.00	