

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese Sandwich, Served with Apple slices and Caramel Sauce	Homemade Lasagna Served with Caesar Salad	Pizza Slice. Served with carrot sticks and Dip and a low fat cookie	Spaghetti and Meatballs served WW Breadstick	Chicken Nuggets, Served with Oven Baked Potato Wedges
Grilled Cheese \$3.25	Lasagna \$4.00	Pizza Slice \$3.00	Chicken Noodle Soup \$3.50	Chicken Nuggets \$3.25
Cinnamon Breadstick \$1.00 Fruit cup \$2.00	Rice Krispy Square \$0.80	Low Fat Cinnamon Roll \$1.50	Rice Krispy Square \$0.80	Low Fat Brownie \$0.80

Meal & combo Price including Milk or 114ml Juice : \$5.00

Sandwiches (Pre order):
Egg Salad \$3.50
Chicken Salad \$3.50
Ham & Cheese Sandwich \$3.50

Drinks (Daily):
250ml White Milk \$0.40
250ml Chocolate Milk \$1.80
180ml Chocolate Milk Cup \$1.20
340ml Juice \$1.75
114ml Juice \$0.75
200ml Box Juice \$1.25
500ml Bottled Water \$1.50

Salads (pre order):
Caesar Salad \$3.50

Snacks (Assortment Daily):
Veggies and Dip \$1.50
Low Fat Cookie \$0.75
Fresh Fruit \$1.25
Pudding Cup 180ml \$1.75
Baked Chips \$1.75
Yogurt \$1.25
Chapman's Frozen Yogurt Cup \$1.25

Pre-order with ease at www.schoollunchorder.ca

