



Debert Elementary School

January 2018 Menu

Main Meals include 250 ml white milk or juice (apple) with Fruit/Veggies (\$4.00) With 250 ml chocolate milk (\$4.75)

Cheques made payable to Cobequid Schools Catering Society



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Healthy choice #1	1 	2 	3 Grilled Cheese with Oven Fries ~	4 Chicken Nuggets with Oven Fries and Veggies ~	5 Garlic Slice with a Cookie ~
Debi's pick #2			Sweet and Sour Meatballs with Rice	Spaghetti with Garlic Bread	Chicken Burger with Baked Chips
Healthy choice #1	8 Hamburger with Baked Chips ~	9 Chicken Nuggets with Oven Fries and Veggies ~	10 Pepperoni Pizza with a Cookie ~	11 Lazy Lasagna with Garlic Bread ~	12 Garlic Slice with a Cookie ~
Debi's pick #2	Fresh Waffles with Fruit	Turkey/Gravy Burger with Oven Fries	Chicken Caesar Salad with Breadstick	Chicken Wrap with Baked Chips	Cheeseburger with Baked Chips
Healthy choice #1	15 Rainbow Pancakes with Fruit Slushie ~	16 Chicken Wrap with Baked Chips ~	17 Cheese Burger with Fruit Slushie ~	18 Homemade Chicken Soup with Roll ~	19 Garlic Slice with Cookie ~
Debi's pick #2	Hamburger with Baked Chips	Spaghetti with Garlic Bread	Pizza Oven Sub with Cookie	Grilled Cheese with Oven Fries	Ham and Cheese Roll ups with Baked Chips
Healthy choice #1	22 Breakfast Sandwich with Fruit Cup ~	23 Chicken Burger with Frozen Yogurt ~	24 Pepperoni Pizza with Cookie ~	25 Chicken Nuggets with Oven Fries and Veggies ~	26 Garlic Slice with Cookie ~
Debi's pick #2	Hamburger with Baked Chips	Lazy Lasagna with Breadstick	Meatball Sub with Baked Chips	Sweet and Sour Meatballs with Rice	Cheeseburger with Baked Chips

Recess Items (when available)

All Fruit Slushie	1.00
Frozen Yogurt	1.00
Baked Chips	1.00
Warm Breadstick	1.00

Other Lunch Items (available everyday)

Bagel with Butter	2.00
Bagel with Cream Cheese	2.50

Beverages

250 ml white milk	0.40
250 ml chocolate milk	1.50
500 ml bottle water	1.00
Small juice	0.60

