

Debert Elementary School

February 2018 Menu

Main Meals include 250 ml white milk or juice 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 | 29 Rainbow Pancakes with Fruit ~ | 30 Chicken Quesadilla with Slushie ~ | 31 Grilled Cheese with Oven Fries ~ | 1 Chicken Nuggets with Oven Fries and Veggies ~ | 2 Garlic Slice with a Cookie ~ |
| Debi's pick #2 | Cheeseburger with Baked Chips | Pepperoni Pizza with Cookie | Sweet and Sour Meatballs with Rice | Spaghetti with Garlic Bread | Chicken Burger with Baked Chips |
| Healthy choice #1 | 5 Hamburger with Baked Chips ~ | 6 Chicken Nuggets with Oven Fries and Veggies ~ | 7 Pepperoni Pizza with a Cookie ~ | 8 Lazy Lasagna with Garlic Bread ~ | 9 Garlic Slice with a Cookie ~ |
| Debi's pick #2 | Fresh Waffles with Fruit | Chicken Burger with Oven Fries | Chicken Caesar Salad with Breadstick | Chicken Wrap with Baked Chips | Cheeseburger with Baked Chips |
| Healthy choice #1 | 12 Breakfast Sandwich with Fruit Slushie ~ | 13 Shrove Tuesday Pancakes Supreme | 14 Heart Shaped Grilled Cheese with Fries ~ | 15 Spaghetti with Breadstick ~ | 16 Garlic Slice with Cookie ~ |
| Debi's pick #2 | Hamburger with Baked Chips | Choose your own Toppings | "Heartdogs" (hotdog) with Fries | Chicken Nuggets, Oven Fries and Veggies | Ham and Cheese Roll ups with Baked Chips |
| Healthy choice #1 | 19 Heritage Day | 20 Chicken Burger with Frozen Yogurt ~ | 21 Pepperoni Pizza with Cookie ~ | 22 Chicken Nuggets with Oven Fries and Veggies ~ | 23 Garlic Slice with Cookie ~ |
| Debi's pick #2 | No School | Pancakes with Fruit Slushie | Hamburger with Baked Chips | Sweet and Sour Meatballs with Rice | Meatball Sub with Baked Chips |

Recess Items (when available)

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

Other Lunch Items (available everyday)

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| Bagel with Butter | 2.00 |
| Bagel with Cream Cheese | 2.50 |

Beverages

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



