



Winding River Consolidated
October 2019 Menu



**Main Meals include 250 ml white milk or juice (\$4.25)
with 250 ml chocolate milk (\$5.00)**

Cheques made payable to Cobequid Schools Catering Society

	Monday	Tuesday	Wednesday	Thursday	Friday
	30	Oct 1	2	3	4
Choice #1	Breakfast Sandwich & Fruit	Taco Tuesday	Lasagna & Breadstick	Chicken Burger & Baked Chips	Cheese Pizza & cookie
Choice #2	Pepperoni Pizza	Grilled Cheese & cookie	Ham Potatoes & Veggies	Hamburger & veggie sticks	Chicken Soup & Crackers
	7	8	9	10	11
Choice #1	Pancakes & Fruit	Chicken Potato Bowl	Spaghetti & Breadstick	Cheeseburger & Fruit Slushie	Hot Dogs & Veggie sticks
Choice #2	Chicken Wrap & cookie	Grilled Cheese & Fries	Garlic Slice & cookie	Chicken Caesar Salad	Lunchable & fruit slushie
	14	15	16	17	18
Choice #1	THANKSGIVING No classes for students	Taco Tuesday	Chicken Alfredo	Chicken Nuggets & fries	Pepperoni Pizza & cookie
Choice #2		Pizza Sub	Hamburger & cookie	Chicken Soup & crackers	Grilled cheese & yogurt
	21	22	23	24	25
Choice #1	French Toast & Yougurt	Taco Tuesday	Taco Salad ~	Cheese Pizza & cookie ~	PROVINCIAL INSERVICE No Classes for Students
Choice #2	Chicken Caesar Salad	Mac& Cheese	Ham Potatoes & Veggies	Hamburger & Yogurt	

Choice #3 ALL MONTH - Grilled Cheese

Recess Items (when available)

Pretzels	1.00
All Fruit Slushie	1.00
Baked Chips	1.00
Freshly Baked Cookie	0.50
Frozen Yogurt	1.00

Other Lunch Items (available everyday)

Grilled Cheese Sandwich	2.50
Bagel with cream cheese	2.50
Bagel with butter	2.00

Beverages

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

