

Winding River Consolidated

November 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 |
|-----------|-------------------------|-------------------------|--------------------------|-------------------------------------|------------------------|
| | 28 | 29 | 30 | 31 | NOV1 |
| Choice #1 | Pancakes & Fruit | Taco Tuesday | Lasagna & Breadstick | Mummy Dogs & fruit | Cheese Pizza & cookie |
| Choice #2 | Pizza Wrap | Grilled Cheese & cookie | Hot Dog& veggies | Spookables Lunchables | Chicken Wrap |
| | 4 | 5 | 6 | 7 | 8 |
| Choice #1 | Breakfast Sandwich | Taco Tuesday | Taco salad | Chicken Nuggets& Fries | Pepperoni Pizza |
| Choice #2 | Grilled Cheese& cookie | Pizza Sub & fruit | Mac & Cheese | Fish &Fries | Deli Wrap |
| | 11 | 12 | 13 | 14 | 15 |
| Choice #1 | Remembrance Day | Taco Tuesday | Spaghetti & a Breadstick | Hamburger & veggies | School Based Inservice |
| Choice #2 | No classes for students | Pizza Sub | Chicken Soup & crackers | Chicken Potato Bowl | No school |
| | 18 | 19 | 20 | 21 | 22 |
| Choice #1 | French Toast & Yougurt | Taco Tuesday | Taco Salad ~ | Chickenburger & baked Chips ~ | Garlic Slice & yogurt |
| Choice #2 | Hamburger & veggies | Ham & Cheese Sub | Garlic Slice & Fruit | Ham Dinner | BBQ Chicken Pizza |

Choice #3 ALL MONTH – Cheese Pizza

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 |
| Breadstick | 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 |

