



Winding River Consolidated

February 2020 Menu

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



Cheques made payable to Cobequid Schools Catering Society

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Choice 1	Chicken Nuggets and Fries	Taco Tuesday	Spaghetti and Breadstick	Chicken Potato Bowl	Cheese Pizza
Choice 2	Lunchable	Ham and Cheese Wrap	Chicken Soup	Chicken Burger and Slushie	Hamburger and Veggies
Check Jan. Menu		After school Program Grade 4	Outdoor Club 5/6 (2-3)	Grade 3 After school Program	2,2/3 Learn to Skate 5/6 RECC (SWIMMING) 3,3/4,4, (Snowshoeing) HAT DAY
	10	11	12	13	14
Choice #1	Pancakes & Fruit	Taco Tuesday	Taco Oven Fries	Cheesburger & veggies	Pepperoni Pizza
Choice #2	Chicken Wrap	Grilled Cheese & Veggies	Mac & Cheese	Pizza Sub	Lunchable
		Afterschool Program Grade 3	Outdoor Club 2-3	Afterschool Program Grade 3	VALENTINE'S DAY RED AND WHITE DAY Winter Walk (John Crawford Trail)
	17	18	19	20	21
Choice #1	HERITAGE DAY	Taco Tuesday	Taco Salad	Chickenburger& Frozen fruit cup	Cheese Pizza
Choice #2	NO CLASSES FOR STUDENTS	Deli Wrap & Cookie	Chicken Alfredo	Cold Cut Sub & Veggies	Grilled Cheese & Fruit
		Afterschool Program Grade 3	Outdoor Club 2-3pm	Afterschool Program: Grade 3	Jersey Day
				STICKS AND PUCKS Don Henderson Memorial (4:00-5:00)	
	24	25	26	27	28
Choice #1	French Toast & Yogurt	Taco Tuesday	Garlic Slice & cookie	Hamburger & baked chips	BBQ Chicken Pizza
Choice #2	Chicken Nuggets & Oven Fries	Ham & Cheese Sub & Veggies	Spaghetti & Breadstick	Pizza Wrap & cookie	Homemade Chicken Soup
		Afterschool Program Grade 3	Outdoor Club 2-3pm	Afterschool Program Grade 3	PAJAMA DAY
				STUDENT VS STAFF Hockey Game 4:00-5:00 Don Henderson Memorial	

	MARCH 2	3	4	5	6
Choice #1	Rice & Meatballs	Taco Tuesday	Taco Salad	Chicken Potato Bowl	Pepperoni Pizza
Choice #2	Ham & Cheese Wrap	Meatball Sub	Lasagna & Breadstick	Ham Dinner	Lunchable
			Outdoor Club 2-3	Afterschool Program	TWIN DAY

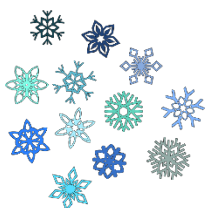
Choice #3 ALL MONTH – Cheese Pizza

Recess Items (when available)

Pretzels	1.00
milk	0.40
All Fruit Slushie	1.00
chocolate milk	1.50
Baked Chips	1.00
water	1.00
Freshly Baked Cookie	0.50
Frozen Yogurt	1.00
Breadstick	1.00
Muffins	1.00
Fruit	.50

Other Lunch Items (available everyday)

Grilled Cheese Sandwich	2.50	250 ml white
Bagel with cream cheese	2.50	250 ml
Bagel with butter	2.00	500 ml bottle
Small apple juice	0.60	



<https://www.ccrce.ca/news/primary-registration-now-open-0>

PRIMARY REGISTRATION: . We are piloting a new program at WRCS.

All screening will take place in PRE-Primary this year for students attending the Pre Primary Program on February 24th. ALL OTHER primary students registering for PRIMARY will take place throughout the month of February with screening completed in early September. Please come into the school and bring your child’s Birth Certificate and Health Card for viewing and complete registration forms. We will be holding Orientation in May and phone calls will be made to set up times for you child :)

African Heritage Month: “The 2020 African Heritage Month theme, The Ties that Bind: Faith, Family and Community, recognizes the essential traits that sustain the strength, resiliency and togetherness of the African Nova Scotian community.

These ties are the bedrock for the African Nova Scotian community which helped them support and stay connected to each other.

The theme aligns with the “Recognition” pillar of the United Nations International Decade for People of African Descent (DPAD). We must recognize the important contributions of people of African descent, while also acknowledging the long-standing prejudices and unfair treatment endured for generations.”

