



Winding River Consolidated

March 2020 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
	9	10	11	12	13
Choice #1	Pancakes & Fruit	Taco Tuesday Grilled Cheese & Veggies	Spaghetti & Breadstick	Cheesburger & veggies	Cheese Pizza
Choice #2	Lunchable	After School Program Grade 3	Chicken Soup	Garlic Slice & veggies Afterschool Program Grade 3	Grilled Cheese & cookie Crazy Hair Day
	16	17	18	19	20
	MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK	MARCH BREAK
	23	24	25	26	27
Choice #1	French Toast & Yogurt	Taco Tuesday Ham & Cheese Sub & Veggies	Taco fries & Veggies	Chickenburger & Fruit slushie	Assessment & Evaluation Day
Choice #2	Chicken Wrap & veggies	After School Program Grade 3	Mac & Cheese	Cold cut Sub & fruit Afterschool Program Grade 3	NO SCHOOL FOR STUDENTS
	30	31	APRIL 1	2	3
Choice #1	Breakfast Sandwich	Taco Tuesday	Taco Salad	Chicken Potato Bowl	Pepperoni Pizza
Choice #2	Chicken Nuggets & oven fries & veggies	Pizza Sub & Fruit After School Program Grade 3	Lasagna & Breadstick	Ham Dinner Afterschool Program Grade 3	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
Muffins	1.00
Fruit	.50

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



Messages:

Reminder: A friendly reminder that students need to be dressed appropriately during recess and lunch. March has the potential to be very cold so please remind your child to dress accordingly.

-I would like welcome Miss Siteman to the Winding River Staff. Miss Siteman will be filling in for Mrs Morin in the coming weeks for Grade 2/3. Please give her a warm welcome as she transitions to Winding River 😊

-March 23rd-April 24th- Miss Williams will be completing her student- teacher practicum in Mrs Marshall-Roberts 5/6 classroom

- Important prevention tips for all Nova Scotians related to staying healthy during the cold and flu season. These steps are important in preventing the spread of common respiratory illnesses, such as influenza, as well as COVID-19. These steps include the following:

- wash your hands frequently with soap and water or use hand sanitizer
- cough or sneeze into your elbow or a tissue (throw the tissue away)
- limit contact with others when you're sick
- limit touching your eyes, nose, and mouth
- don't share items that may have saliva on them like utensils and bottles/glasses
- clean surfaces like taps, doorknobs, and countertops often