

Hants North Menu

2016-2017

Price list

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Meals Week 1	September 6-9 September 19-23 October 3-7 October 17-21 October 31-Nov. 4 November 14-18 November 28-Dec. 2 December 12-16 January 9-13 January 23-27 February 6-10 February 20-24	Spaghetti and Meat Sauce with Caesar Salad and Garlic Breadstick \$5.25	Soft Beef or Chicken Tacos served with Mexican Rice and Corn \$5.25	Pulled Pork on a Kaiser Served with Baked Potato Sticks \$5.25	THURSDAY THEME DAY! Special will be advertised ahead by Supervisor	Chicken Quesadilla With Mexican Rice and Side Salad \$5.25
	September 12-16 September 26-30 October 10-14 October 24-28 November 7-11 November 21-25 December 5-9 December 19-23 January 2-6 January 16-20 January 30-February 3 February 13-17 February 27 - March 3	Creamy Macaroni and Cheese Garlic Breadstick Side Salad \$5.25	Chicken Souvlaki Pita topped with Lettuce, Tomato, Onion, Cucumber and Tzatziki Sauce \$5.25	Hot Chicken Bowl with Mashed Potatoes and Veggies \$5.25	Fresh made Burger with choice of toppings with Baked Potato Wedges and Hot veggies \$5.25	BBQ Chicken Flat Bread with a side Salad 5.25
Each Week	Daily Combo (Includes Milk or 114ml Juice) \$4.75	Chicken Snack Wrap with Carrots & Dip	Caesar Salad served with a Garlic Breadstick	Pizza Slice with a 115ml Frozen Yogurt	Fun Fuel Pack Sliced Deli Meat, Cheese, Crackers, Grapes, Low Fat Cookie	Nuggets with Baked Potato Wedges

Meals Week 2

Every Day Favourites!

Pizza Slice \$3.25, Grilled Cheese \$2.85, Hamburgers \$3.00, Whole Fruit Slush Cups \$1.25

Daily Meal Price \$5.25

Sandwiches (Pre order)

Egg Salad Sandwich	\$3.00
Chicken Sandwich	\$3.35
Ham & Cheese Sandwich	\$3.35
6" Turkey Sub	\$4.25
6" Ham or Deli Sub	\$3.75
Chicken Snack Wrap	\$3.00
Sandwich Wraps	\$3.50-\$5.00

Drinks (Daily):

White Milk 250ml/500ml	\$0.40/\$0.80
Chocolate Milk 250ml/500ml	\$1.80/\$2.80
Juice 200ml/340ml	\$1.25/\$1.75
Water 500ml/591ml	\$1.50/\$2.00

Salads:

Caesar Salad	\$3.25
Garden Salad	\$3.25
Pasta Salad	\$3.25

Hot Items Daily:

Soup	\$3.00
Pizza Slice (Cut in 8)	\$3.25
Hamburger (2oz)	\$3.00
Mashed/Baked Potato/Rice	\$1.50
Grilled Cheese	\$2.85

Twice a week assortment:

7" Garlic Fingers w. Sauce	\$4.00
Turkey Pepperoni Calzone	\$4.75
Chicken Parmesan Wrap	\$4.50
Chicken Burger	\$3.75
Chicken Fingers (4oz) w/Dip	\$4.00
Small Baked Fries/Wedges	\$2.50

Snacks:

Veggie sticks w. Dip	\$1.50
Fruit Kebob	\$2.25
Low Fat Cookie	\$0.65
Breadsticks	\$1.50
Cinnamon Bun	\$1.50
Rice Krispy Square	\$1.30
Banana Loaf	\$1.40
Small Low Fat Muffins	\$1.00
Yogurt 100g	\$1.25
Fruit Cup (3oz)	\$1.75
Yogurt and Berry Cup	\$2.00
Pudding Cup (180ml)	\$1.75
Fruit Smoothie (8oz)	\$2.25
Frozen Yogurt cup (115ml)	\$1.25