

# Truro Junior High JANUARY 2019

VALUE MEAL	Monday	Tuesday	Wednesday	Thursday	Friday
				3 Spaghetti & Breadstick	4 Chickenburger or Hamburger with fries
Chicken Noodle Soup	7 Sweet and Sour Meatballs & Rice	8 Perogies & Salad	9 Ham, Mashed potatoes, veggies	10 Ravioli & Breadstick	11 Beefy Nachos
Chili & Breadstick	14 Cheesy Fries	15 Mac & Cheese Breadstick	16 Roast Pork Mashed Potatoes Veggies	17 Popcorn Chicken & Fries	18 Shepherds Pie
Taco Wrap & Rice	21 Pancakes & fruit	22 Pasta Bake Breadstick	23 Cod Bites Mashed Potatoes Veggies	24 Lasagna & Breadstick	25 Diced Turkey Burger in Gravy & Fries
Chicken Noodle Soup	28 Beefy Nachos	29 Cheesy Fries	30 Turkey, Mashed Potatoes, veggies	31 Corn Chowder Crackers	

Daily Special with milk..4.50	Hamburger-----3.00	Breadsticks -----1.00	Baked chips-----1.00	2% milk- 250 ml----.40
Daily Special-----4.25	Hamburger with Cheese-----3.25	Muffins-----.75	Welch's fruit snax-1.00	2% milk- 500 ml----.80
Pizza-----3.25	Subs-----3.75	Cinnamon Bun-----1.25		
Value Meal-----3.00	Wraps-----3.75			Choc milk- 250 ml- 1.35
Rice-----2.00	Sandwiches-----3.25	Small cookie-----.50	Cough drops-----1.25	Choc milk- 500 ml- 2.00
Chicken burger-----3.25		Breakfast Sandwich with Milk--3.25	Juice 200 ml tetra-----1.00	Water 500 ml---- 1.00
Chicken burger with cheese 3.50				