

June 2022

TRURO MIDDLE SCHOOL CAFETERIA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beefy Nachos	2 Goulash (with or without cheese)	3 Diced Chicken Burgers & Taters
6 Pancakes, Hashbrowns & Fruit	7 Meatballs & Rice	8 Honey Garlic Chicken & Rice	9 Pulled Pork & Salad	10 Chicken Nuggets & Fries
13 Chicken Quesadillas	14 Breakfast Sandwich & Hashbrowns	15 Taco Baked Pasta	16 Cheesy Fries	17 Perogies & Salad
20 Taco in a Bag	21 Spaghetti & Garlic Bread	22 Popcorn Chicken Bowls	23 Egg Rolls & Rice	24 Chef's Choice 😊
27 Hamburgers & Pizza	28 Hotdogs			

****Menu items subject to change****

Lunches are \$4.75/day, including white milk ~ \$4.30 with no beverage
Please make cheques payable to **Cobequid Schools Catering Society******

Recess & Lunch

2% Milk	\$0.40
Chocolate Milk	\$1.35
Water	\$1.00
Chips	\$1.00
Muffin	\$0.75
Frozen Yogurt	\$1.00
Pizza	\$3.75
Chicken Burger	\$3.75
with cheese	\$4.00
Hamburger	\$3.75
with cheese	\$4.00
Veggie Burgers	\$4.00
(must pre-order before recess)	