

May 2022

TRURO MIDDLE SCHOOL CAFETERIA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Ravioli & Garlic Bread ²	Taco Baked Pasta (with or without cheese) ³	Meatballs & Rice ⁴	Chicken Pot Pie ⁵	BBQ Chicken Nachos ⁶
Pancakes, Hashbrowns & Fruit ⁹	Lasagna (with or without cheese) ¹⁰	Popcorn Chicken Bowls ¹¹	Hashbrown Casserole ¹²	Chicken Alfredo with Garlic Bread ¹³
Chicken Noodle Casserole ¹⁶	Pizza Cheeseburger, Chicken or Veggie ¹⁷	Pulled Pork Burger & Cold Salads ¹⁸	Cheesy Fries ¹⁹	Hamburger or Chickenburger with Baked Chips ²⁰
NO SCHOOL ²³	Spaghetti & Garlic Bread ²⁴	Honey Garlic Chicken & Rice ²⁵	Taco in a Bag ²⁶	Chicken Quesadillas ²⁷
Mac & Cheese & Garlic Bread ³⁰	Meatballs & Rice ³¹	Beefy Nachos ¹	Goulash (with or without cheese) ²	Diced Chicken Burgers with Gravy & Taters ³

****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)	