

October 2021

TRURO MIDDLE SCHOOL CAFETERIA MENU

Value Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Chili & Breadstick	4 Cheese Ravioli & Breadstick	5 Chicken Pot Pie	6 Roast Pork, Mashed Potatoes, Veggies	7 Chicken Quesadillas	8 Macaroni & Cheese with a Breadstick
Taco Wrap with Rice	11 NO SCHOOL	12 Sloppy Joes with Taters	13 Chicken Balls, Fried Rice & an Egg Roll	14 Lasagna & Caesar Salad	15 Cheesy Fries
Beef Stew with a Roll	18 Hashbrown Casserole	19 Taco Bake with Breadstick	20 Chicken Bowl	21 Hamburger with Baked Chips	22 NO SCHOOL
Chicken Noodle Soup	25 Macaroni Goulash	26 Beefy Nachos	27 Ham & Mashed Potatoes with Veggies	28 Shepherd's Pie	29 Sweet & Sour Meatballs & Rice

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

Available Daily- Recess & Lunch

2% Milk 237ml	\$0.40
Chocolate Milk 237ml	\$1.50
Water	\$1.00
Chips	\$1.00
Cookie	\$0.50
Muffin	\$0.75
Frozen Yogurt	\$1.00
Cinnamon Bun	\$1.00

Available Daily

Subs	\$4.25
Chicken Wraps	\$4.25
Sandwiches	\$3.75
Pizza	\$3.75
Breakfast Sandwich with milk	\$3.75
Chicken Burger with cheese	\$3.75
Hamburger with cheese	\$4.00
Bowl of Rice	\$2.50

Lunches are \$4.75/day, including white milk ~ \$4.30 with no beverage

Value Meal is \$3.75/day

Please make cheques payable to **Cobequid Schools Catering Society******