

September 2021

TRURO MIDDLE SCHOOL CAFETERIA MENU

Value Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL	Spaghetti & Breadstick ⁷	Ham, Mashed Potatoes, Veggies ⁸	Sweet & Sour Meatballs & Rice ⁹	Chicken Burger or Hamburger with Fries ¹⁰
Chili & Breadstick	Pasta Bake & Breadstick ¹³	Popcorn Chicken & Fries ¹⁴	Roast Pork, Mashed Potatoes, Veggies ¹⁵	Lasagna & Breadstick ¹⁶	Cheesy Fries ¹⁷
Taco Wrap & Rice	Chicken Nuggets & Fries ²⁰	Pancakes & Sausages ²¹	Roast Beef & Mashed Potatoes with Veggies ²²	Perogies & Salad ²³	Macaroni & Cheese ²⁴
Chicken Noodle Soup	NO SCHOOL ²⁷	Beefy Nachos ²⁸	Ham & Mashed Potatoes with Veggies ²⁹	Shepherd's Pie ³⁰	Sweet & Sour Meatballs & Rice ¹

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

Available Daily- Recess & Lunch	
2% Milk	
237ml	\$0.45
473ml	\$0.90
Chocolate Milk	
237ml	\$1.50
500ml	\$2.25
Juice	\$1.00
Water	\$1.00
Chips	\$1.25
Cookie	\$0.50
Muffin	\$0.75
Welch's Fruit Gummies	\$1.00
Ice Cream Sandwich	\$0.75
Frozen Yogurt	\$1.00
Frozen Slushie	\$1.00
Cinnamon Bun	\$1.25
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******