

Mar – RCS Canteen Menu

Full Meal \$6.25 Medium Meal \$4.25 Soup \$3.50 Dessert \$1.50

Monday	Tuesday	Wednesday	Thursday	Friday
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				Lasagna with Garlic Bread <u>Dessert</u> Oreo Truffles
4	5	6	7	8
Spaghetti with Meat Sauce <u>Soup</u> Tomato Vegetable <u>Dessert</u> Chocolate Chip Cookies	Sausage with Perogies <u>Dessert</u> Snickerdoodles	Pizza <u>Soup</u> Tomato Vegetable <u>Dessert</u> Strawberry Cheesecake	Teriyaki Chicken with Rice <u>Dessert</u> Oatmeal Fudge Bars	Taco in a Bag <u>Dessert</u> Homemade Oreos
11	12	13	14	15
Chicken Burger w/Fries Cheese Burger w/Fries <u>Soup</u> Potato Bacon <u>Dessert</u> Smarties Cookies	Chicken Quesadilla with Carrots & Ranch <u>Dessert</u> Chocolate Covered Rice Krispies	Pizza <u>Soup</u> Potato Bacon <u>Dessert</u> Apple Pie Tarts	Pulled Pork Sandwich with Coleslaw <u>Dessert</u> Coffee Cake	Chicken Alfredo With Penne <u>Dessert</u> Brownies
18	19	20	21	22
Chicken Bacon Ranch Wrap with Potato Chips <u>Soup</u> Italian Wedding <u>Dessert</u> Double Chocolate Cookies	Mac and Cheese with Chicken Nuggets <u>Dessert</u> Puffed Wheat	Pizza <u>Soup</u> Italian Wedding <u>Dessert</u> Chocolate Cake	Chunky Chicken Sandwich with Potato Chips <u>Dessert</u> Cinnamon Sugar Donuts	Lasagna with Garlic Bread <u>Dessert</u> Strawberry Shortcake
25	26	27	28	29
Spaghetti with Meat Sauce <u>Soup</u> Cream of Mushroom <u>Dessert</u> Butterscotch Chip Cookies	Sausage with Perogies <u>Dessert</u> Worms and Dirt	Pizza <u>Soup</u> Cream of Mushroom <u>Dessert</u> Sugar Cookies	Pork Souvlaki with Seasoned Rice <u>Dessert</u> Easter Cupcakes	GOOD FRIDAY NO SCHOOL

Daily Canteen Items

Meals

Full Hot Lunch	\$6.25
Medium Hot Lunch (2/3 size)	\$4.25
Hot Dog	\$3.00
Noodle Bowl	\$3.50
Dessert of the day	\$1.50
Pizza Pops - each	\$2.00
Soup and Crackers	\$3.50
Grilled Cheese Sandwich	\$2.50

Beverages

Juice Box - 200 ml	\$1.00
White or Chocolate Milk	Small \$1.00
	Large \$1.50
Water Bottle	\$1.00
Pop (High School Students only)	\$1.50 + GST
Gatorade (High School Students only)	\$2.00 + GST

Daily Deal K – Gr 8 \$4.50

Grilled Cheese Sandwich

Choice of: Juice Box or Small Milk

Choice of: Yogurt or Carrots & Dip

Daily Deal High School \$4.75

Grilled Cheese Sandwich

With a Pop or Large Milk and bag of Chips

Snack Items

❖ Fresh Fruit (Apples, Oranges)	\$0.75
❖ Carrots and Ranch Dip	\$1.00
❖ Menchie's Frozen Yogurt	\$3.25
❖ Goldfish/Ritz Crackers	\$1.00
❖ Famous Amos Cookies	\$1.00
❖ Assorted Chips	\$1.50 + GST
❖ Assorted Chocolate Bars	\$1.50 + GST
❖ Yogurt	\$1.00
❖ Fruit Snacks / Granola Bars	\$0.75 + GST
❖ Hummus and Crackers	\$2.00
❖ Pepperoni and Cheese	\$1.50