

Truro Junior High FEBRUARY 2018

VALUE MEAL	Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Noodle Soup				1 Perogies & Salad	2 Popcorn Chicken & Fries
Soft Taco Wrap & Rice	5 Pasta Bake & Breadstick	6 Beefy Nachos	7 Roast Pork, Mashed Potatoes Veggies	8 Chickenburger or Hamburger with Fries	9 Spaghetti & Breadstick
Chicken Noodle Soup	12 Cheesy Burgers & Fries	13 Pancakes & Sausages	14 Ham, Mashed Potatoes, Veggies	15 Hot Dogs & Fries	16 Lasagna & Breadstick
Chili & Breadstick	19 HOLIDAY	20 Macaroni & Cheese & Breadstick	21 Roast Beef, Mashed Potatoes Veggies	22 Sweet & Sour Meatballs & Rice	23 Diced Chicken Burger in Gravy & fries
Lasagna Soup	26 Cheesy Fries	27 Grilled Cheese Sandwich & tomato soup	28 Special Lunch		

Daily Special -----4.00	Cold cut sub- 3.50	Breadsticks -----1.00	Baked chips-----1.00	2% milk- 250 ml----.40
Pizza -----3.00	Chicken wrap-----3.50	Muffins-----.75	Welch's fruit snax-1.00	2% milk- 500 ml----.80
Value Meal-----3.00	Caesar Salads-----3.50		Cinnamon Bun-----1.25	Choc milk- 250 ml- 1.35
Breakfast Sandwich----3.00	Bowl of Rice-----2.00	Small cookie-----.50	Cough drops-----1.25	Choc milk- 500 ml- 2.00
Chicken burger-----3.00	Apple Crisp-----1.00	Pudding parfait-----1.00		Water 500 ml---- 1.00
Hamburger-----2.75	Egg, tuna, chicken, ham sandwich- 3.00	Fresh fruit cup..... .75		Juice -300 ml--- 1.50
Cheeseburger-----3.25		Yogurt cup-----.75		Juice 200 ml tetra- .1.00
