



Menu High 2022-2023



 CHEF'S TABLE <small>WORLD FLAVOURS</small>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Chili Topped Baked Potato <small>served with choice of side \$7.25</small>	Buffalo Chicken Quesadilla <small>served with choice of side \$7.25</small>	Butter Chicken, Rice & Sauteed Veggies <small>served with choice of side \$7.25</small>	Pulled Pork on a Bun with Mashed Potato <small>served with choice of side \$7.25</small>	Shepherds Pie Mashed Potato Bowl <small>served with choice of side \$7.25</small>
WEEK 2	Teriyaki Chicken With Rice <small>served with choice of side \$7.25</small>	Tex Mex Tacos with Mexican Rice <small>served with choice of side \$7.25</small>	Chicken Souvlaki, Potato Wedges & Tzatziki Sauce <small>served with choice of side \$7.25</small>	Sloppy Joe Sandwich <small>served with choice of side \$7.25</small>	Hot Diced Chicken on a Bun with Mashed Potato <small>served with choice of side \$7.25</small>
WEEK 3	Beef Burrito <small>served with choice of side \$7.25</small>	Chicken Fajita with Mexican Rice <small>served with choice of side \$7.25</small>	Chinese Rice Bowl <small>served with choice of side \$7.25</small>	Buffalo Chicken Flatbread <small>served with choice of side \$7.25</small>	S&S Turkey or Beef Meatballs & Brown Rice <small>served with choice of side \$7.25</small>
PASTA OF THE DAY	<p style="text-align: center;"> One Pasta option available daily. Served with fresh baked Breadstick, \$6.00 Add Caesar Salad for an additional \$1.25 </p>				



Daily Items High School 2022-2023



	Bagel with Butter	\$ 2.25
	Bagel with Cream Cheese	\$ 3.25
	Egg and Cheese Breakfast Sandwich	\$ 4.00
	Breakfast Burrito	\$ 4.50
	Hand Cut Oven Roasted Home Fries	\$ 3.25
	Hash Brown Triangles	\$ 3.25
	Yougurt Parfait	\$ 4.00
	Grilled Hamburger	\$ 5.25
	Cheeseburger	\$ 6.00
	Grilled Chicken Sandwich	\$ 7.00
	Crispy Chicken Burger	\$ 4.75
	Chicken Nuggets with Sauce	\$ 4.75
	Hand Made Oven Roasted Potato Wedges	\$ 3.40
	Baked Chicken Fingers with Sauce	\$ 4.75
	Baked Popcorn Chicken with Sauce	\$ 3.75
	Baked Fries	\$ 3.40
	Gravy	\$ 0.50
	Tuna Salad Sandwich on WW	\$ 4.25
	Egg Salad Sandwich On WW	\$ 4.25
	Ham & Cheese on WW	\$ 4.25
	Chicken Caesar Wrap on WW	\$ 5.75
	Garden Salad	\$ 4.50
	Caesar Salad	\$ 4.50
	Entrée Chicken Caesar	\$ 7.75
	Tomato Basil Pasta Salad	\$ 4.50
	Pizza Slice	\$ 4.25
	Garlic Fingers	\$ 4.50
	Panzarotti	\$ 6.00

	Baked Tortillas and Salsa	\$ 2.75
	Veggies and Dip with Hummus	\$ 3.65
	Veggies and Dip with Ranch	\$ 3.00
	Cheese, Grapes and Crackers	\$ 3.95
	Apple Wedges with Honey Yogurt Dip	\$ 3.00
	Fresh Fruit Parfait	\$ 4.50
	Local Apples	\$ 1.50
	Bananas	\$ 1.50
	Fresh Grapes	\$ 3.50
	Fruit Smoothie	\$ 3.50
	Greek Yogurt	\$ 2.00
	Small Milk	\$ 0.40
	Large Milk	\$ 0.80
	Small Chocolate Milk	\$ 2.00
	Large Chocolate Milk	\$ 3.00
	500ml Water Nestle	\$ 1.75
	591ml Water Aquafina/Dasani	\$ 2.25
	Can Juice	\$ 2.00
	Sparkling Can Water	\$ 2.00
	Large Juice	\$ 3.25
	Tropicana Juice	\$ 3.25
	1oz Cookie	\$ 0.85
	2oz Cookie	\$ 1.30
Fresh Baked Muffin	\$ 1.75	
Reduced Fat Banana Loaf	\$ 1.75	
Oatmeal Berry Loaf	\$ 1.75	
Cinnamon Buns	\$ 1.75	
Squares	\$ 1.60	