

# April RCS Canteen Menu

<b>Full Meal</b> \$6.50	<b>Medium Meal</b> \$4.50	<b>Soup</b> \$3.50	<b>Dessert</b> \$1.75	<b>Salad</b> \$6.50
----------------------------	------------------------------	-----------------------	--------------------------	------------------------

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Cheese Burger w/Fries Chicken Burger w/Fries <u><b>Soup</b></u> Chicken Rice <u><b>Dessert</b></u> Chocolate Brownies	Taco in a Bag <u><b>Soup</b></u> Cream of Broccoli <u><b>Dessert</b></u> Chocolate Banana Cookies	<u><b>Pizza</b></u> <u><b>Soup</b></u> Italian Wedding <u><b>Dessert</b></u> Carrot Cake	Chicken Quesadilla with Caesar Salad <u><b>Soup</b></u> Butternut Squash <u><b>Dessert</b></u> Churros with Chocolate Sauce

*Salad of the week: Beef Taco Salad*

<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Clubhouse Sub with Chips <u><b>Soup</b></u> Loaded Baked Potato <u><b>Dessert</b></u> Lemon Blueberry Cupcakes	Roast Beef, Mashed Potatoes and Carrots <u><b>Soup</b></u> Beef Barley <u><b>Dessert</b></u> Caramel Apple Squares	<u><b>Pizza</b></u> <u><b>Soup</b></u> Borsch <u><b>Dessert</b></u> Homemade Oreos	Sweet and Sour Chicken Balls and Rice <u><b>Soup</b></u> Creamy Dill <u><b>Dessert</b></u> No bake Cheery Cheesecake	Chicken Alfredo with Garlic Toast <u><b>Soup</b></u> Roasted Bell Pepper <u><b>Dessert</b></u> Pavlova

*Salad of the week: Chicken Dill Pickle Salad*

<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Pizza Grilled Cheese with Soup or Chips <u><b>Soup</b></u> Cream of Tomato <u><b>Dessert</b></u> Smarties Cookies	Chicken Bacon Ranch Wrap with Carrots <u><b>Soup</b></u> Cream of Mushroom <u><b>Dessert</b></u> Strawberry Puffs	<u><b>Pizza</b></u> <u><b>Soup</b></u> Lemon Lentil Soup <u><b>Dessert</b></u> Mini Donuts	Pulled Pork Sandwich <u><b>Soup</b></u> Jalapeno Cheddar <u><b>Dessert</b></u> Banana Caramel Crepes	<b>Good Friday</b>  <b>No School</b>

*Salad of the week: Tuscan Chicken and Chickpea Salad*

<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Easter Break</b>  <b>No School</b>	<b>Easter Break</b>  <b>No School</b>	<b>Easter Break</b>  <b>No School</b>	<b>Easter Break</b>  <b>No School</b>	<b>Easter Break</b>  <b>No School</b>

*Salad of the week:*

<b>28</b>	<b>29</b>	<b>30</b>		
Greek Chicken Pita with Veggies and Dip <u><b>Soup</b></u> Chicken Noodle <u><b>Dessert</b></u> Coffee Cake	Baked Lasagna with Garlic Toast <u><b>Soup</b></u> Cream of Carrot and Curry <u><b>Dessert</b></u> S'mores Bar	<u><b>Pizza</b></u> French Onion <u><b>Dessert</b></u> Worms and Dirt		

*Salad of the week: Cobb Salad*

## Daily Canteen Items

Meals		Beverages	
Full Meal	\$6.50	Juice Box	\$1.00
Medium Meal	\$4.50	Water	\$1.00
Hot Dog	\$3.25	Small White Milk	\$1.00
Noodle Bowl	\$3.50	Small Chocolate Milk	\$1.00
Pizza Pop - each	\$2.00	Large White Milk	\$1.50
Soup and Crackers	\$3.50	Large Chocolate Milk	\$1.50
Grilled Cheese Sandwich	\$2.75	Iced Tea	\$1.50
Salad of the Week	\$6.50	Pop – High School Students Only	\$1.50 + GST
Chicken Caesar Wrap	\$6.00	Gatorade – High School Students Only	\$2.00 + GST
Dessert of the Day	\$1.75		
Snacks			
Fresh Fruit (Apple, Orange or Banana)	\$0.75	Hummus and Crackers	\$2.50
Carrots and Ranch Dip	\$1.50	Chips and Homemade Salsa	\$2.50
Cheese Strings (2 strings)	\$1.50	Yogurt	\$1.00
Ritz Crackers	\$1.00	Gold Fish	\$1.00
Granola Bar	\$0.75 + GST	Fruit Snacks	\$0.75 + GST
Famous Amos Cookies	\$1.00 + GST	Assorted Chips	\$1.50 + GST
Chocolate Bars – High School Only	\$1.50 + GST	Swirl World Frozen Yogurt	\$3.25
Fruit Cup	\$1.00	Bear Paws	\$1.00+GST

Daily Deal	
K to Grade 8	High School
Grilled Cheese Sandwich Choice of Juice Box or Small Milk Choice of Yogurt or Carrots and Dip  \$5.00	Grilled Cheese Sandwich A bag of Chips Choice of Large Milk or Pop  \$5.50