

# December 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
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken Stir-Fry with Rice <u><b>Soup</b></u> Hamburger Cabbage <u><b>Dessert</b></u> Chocolate Brownies	Beef and Cheese Burrito with Chips <u><b>Soup</b></u> Butternut Squash <u><b>Dessert</b></u> Strawberry Shortcake	<u><b>Pizza</b></u> <u><b>Soup</b></u> French Onion <u><b>Dessert</b></u> Puff Wheat Squares	Sausage and Perogies <u><b>Soup</b></u> Beef Noodle <u><b>Dessert</b></u> Butterscotch Chips Cookies	Chicken Alfredo with Garlic Toast <u><b>Soup</b></u> Greek Chicken <u><b>Dessert</b></u> Churros with Mexican Chocolate Sauce

***Salad of the week: BLT Salad***

<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Mac and Cheese with Grilled Chicken <u><b>Soup</b></u> Cream of Cauliflower <u><b>Dessert</b></u> Banana Caramel Crepes	Sweet and Sour Chicken Balls with Rice <u><b>Soup</b></u> Chicken Rice <u><b>Dessert</b></u> Chocolate Mousse Cake	<u><b>Pizza</b></u> <u><b>Soup</b></u> Borscht <u><b>Dessert</b></u> Worms and Dirt	Beef Lasagna with Garlic Toast <u><b>Soup</b></u> Lentil and Bacon <u><b>Dessert</b></u> Chocolate Chip Banana Bread	Fish and Chips <u><b>Soup</b></u> Cream of Broccoli <u><b>Dessert</b></u> Mini Donuts

***Salad of the week: Buffalo Chicken Salad***

<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Chicken Bacon Ranch Wrap <u><b>Soup</b></u> Chicken Barley <u><b>Dessert</b></u> Apple Turnovers	Roast Beef, Mashed Potatoes and Gravy <u><b>Soup</b></u> Loaded Baked Potato <u><b>Dessert</b></u> Homemade Oreos	<u><b>Pizza</b></u> <u><b>Soup</b></u> Tortilla <u><b>Dessert</b></u> Chocolate Chip Cookies	Pulled Pork Sandwich with Carrots and Ranch <u><b>Soup</b></u> Cream of Mushroom <u><b>Dessert</b></u> Ginger Snap Cookies	<b>Canteen Closed</b>

***Salad of the week: Greek Salad with Chicken***

<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Christmas Break</b>	<b>Christmas Break</b>	<b>Christmas Break Christmas Day</b>	<b>Christmas Break Boxing Day</b>	<b>Christmas Break</b>

<b>30</b>	<b>31</b>			
<b>Christmas Break</b>	<b>Christmas Break</b>			

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## 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	\$0.75	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
Assorted Chocolate Bars	\$1.50 + GST	Swirl World Frozen Yogurt	\$3.25

Daily Deal	
K to Grade 8	High School
<p style="text-align: center;">Grilled Cheese Sandwich Choice of Juice Box or Small Milk Choice of Yogurt or Carrots and Dip</p> <p style="text-align: center;">\$5.00</p>	<p style="text-align: center;">Grilled Cheese Sandwich A bag of Chips Choice of Large Milk or Pop</p> <p style="text-align: center;">\$5.50</p>