

# February 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>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Beef Lasagna with Garlic Toast <b><u>Soup</u></b> Cream of Cauliflower <b><u>Dessert</u></b> Vanilla Cupcakes	Chicken Stir-fry with Rice <b><u>Soup</u></b> Tortilla Soup <b><u>Dessert</u></b> Double Chocolate Cookies	<b>Pizza</b> <b><u>Soup</u></b> Potato and Leek <b><u>Dessert</u></b> NO bake Cherry Cheesecake	Beef and Cheese Burrito with Chips <b><u>Soup</u></b> Jalapeno Cheddar <b><u>Beef Noodle</u></b> <b><u>Dessert</u></b> Peach and Custard Tarts	PD Day No School
<b><i>Salad of the week: Taco Salad with Beef</i></b>				
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Sweet & Sour Chicken Balls with Fried Rice <b><u>Soup</u></b> Greek Chicken <b><u>Dessert</u></b> Bread Pudding	Mac and Cheese with Grilled Chicken <b><u>Soup</u></b> Cream of Vegetables <b><u>Dessert</u></b> Strawberry Mousse Cake	<b>Pizza</b> <b><u>Soup</u></b> Beef Vegetable <b><u>Dessert</u></b> Chocolate brownie	Pulled Pork Sandwich with Carrots and Ranch <b><u>Soup</u></b> Loaded Baked Potato <b><u>Dessert</u></b> Chocolate Chip Banana Cookies	Fish and Chips with Coleslaw <b><u>Soup</u></b> Cream of Tomato <b><u>Dessert</u></b> Strawberry Puffs
<b><i>Salad of the week: Cobb Salad</i></b>				
17	18	19	20	21
<b>Family Day</b>	<b>February Break</b>	<b>February Break</b>	<b>February Break</b>	<b>February Break</b>
<b><i>Salad of the week: Chicken Caesar Salad</i></b>				
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Chicken Salad Sandwich with Fries <b><u>Soup</u></b> Beef Barley <b><u>Dessert</u></b> Mini Donuts	Taco in a Bag <b><u>Soup</u></b> Chicken Rice <b><u>Dessert</u></b> Puff Wheat Squares	<b>Pizza</b> <b><u>Soup</u></b> Hamburger Cabbage <b><u>Dessert</u></b> Homemade Oreos	Chicken Quesadilla with Caesar Salad <b><u>Soup</u></b> Dill Pickle <b><u>Dessert</u></b> Carrot Cake	Chicken Burger w/Fries Cheese Burger w/Fries <b><u>Soup</u></b> Roasted Bell Pepper <b><u>Dessert</u></b> Butter Tarts
<b><i>Salad of the week: Santa Fe Salad</i></b>				

# 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>Grilled Cheese Sandwich Choice of Juice Box or Small Milk Choice of Yogurt or Carrots and Dip</p> <p>\$5.00</p>	<p>Grilled Cheese Sandwich A bag of Chips Choice of Large Milk or Pop</p> <p>\$5.50</p>