

June – RCS Canteen Menu

Full Meal \$6.25 Medium Meal \$4.25 Soup \$3.50 Dessert \$1.50

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 3 | 4 | 5 | 6 | 7 |
| Chicken Bacon Ranch Wrap with Potato Chips <u>Soup</u> Chicken Tortellini <u>Dessert</u> Butterscotch Chip Cookies | Sausage with Perogies <u>Dessert</u> Rice Krispies | Pizza <u>Soup</u> Chicken Tortellini <u>Dessert</u> Lemon Tarts | Sweet and Sour Meatballs with Rice <u>Dessert</u> Brownies | Teriyaki Chicken with Rice <u>Dessert</u> Strawberry Shortcake |
| 10 | 11 | 12 | 13 | 14 |
| Spaghetti with Meat Sauce <u>Soup</u> Zuppa Toscana <u>Dessert</u> Chocolate Chip Cookies | Chicken Quesadilla with Carrots & Ranch <u>Dessert</u> Snickerdoodles | Pizza <u>Soup</u> Zuppa Toscana <u>Dessert</u> Haystacks | Chunky Chicken Sandwich with Potato Chips <u>Dessert</u> Oatmeal Cake | Lasagna with Garlic Bread <u>Dessert</u> Homemade Oreos |
| 17 | 18 | 19 | 20 | 21 |
| Chicken Burger w/Fries Cheese Burger w/Fries <u>Soup</u> Beef Barley <u>Dessert</u> Smarties Cookies | Mac and Cheese with Chicken Nuggets <u>Dessert</u> Puffed Wheat | Pizza <u>Soup</u> Beef Barley <u>Dessert</u> Coffee Cake | Chicken Alfredo With Penne <u>Dessert</u> Vanilla Summer Cupcake | Daily Canteen Items Chicken/Cheese Burgers <u>Dessert</u> Double Chocolate Donuts |
| 24 | 25 | 26 | 27 | 28 |
| NO CANTEEN | NO CANTEEN | LAST DAY OF CLASSES NO CANTEEN | PD DAY NO CANTEEN | SUMMER BREAK |
| July 1 | 2 | 3 | 4 | 5 |
| CANADA DAY SUMMER BREAK | SUMMER BREAK | SUMMER BREAK | SUMMER BREAK | SUMMER BREAK |

Daily Canteen Items

Meals

| | |
|-----------------------------|--------|
| Full Hot Lunch | \$6.25 |
| Medium Hot Lunch (2/3 size) | \$4.25 |
| Hot Dog | \$3.00 |
| Noodle Bowl | \$3.50 |
| Dessert of the day | \$1.50 |
| Pizza Pops - each | \$2.00 |
| Soup and Crackers | \$3.50 |
| Grilled Cheese Sandwich | \$2.50 |

Beverages

| | |
|--------------------------------------|--------------|
| Juice Box - 200 ml | \$1.00 |
| White or Chocolate Milk | Small \$1.00 |
| | Large \$1.50 |
| Water Bottle | \$1.00 |
| Pop (High School Students only) | \$1.50 + GST |
| Gatorade (High School Students only) | \$2.00 + GST |

Daily Deal K – Gr 8 \$4.50

Grilled Cheese Sandwich

Choice of: Juice Box or Small Milk

Choice of: Yogurt or Carrots & Dip

Daily Deal High School \$4.75

Grilled Cheese Sandwich

With a Pop or Large Milk and bag of Chips

Snack Items

| | |
|---------------------------------|--------------|
| ❖ Fresh Fruit (Apples, Oranges) | \$0.75 |
| ❖ Carrots and Ranch Dip | \$1.00 |
| ❖ Menchie's Frozen Yogurt | \$3.25 |
| ❖ Goldfish/Ritz Crackers | \$1.00 |
| ❖ Famous Amos Cookies | \$1.00 |
| ❖ Assorted Chips | \$1.50 + GST |
| ❖ Assorted Chocolate Bars | \$1.50 + GST |
| ❖ Yogurt | \$1.00 |
| ❖ Fruit Snacks / Granola Bars | \$0.75 + GST |
| ❖ Hummus and Crackers | \$2.00 |
| ❖ Pepperoni and Cheese | \$1.50 |