

May – RCS Canteen Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p>Pizza <u>Soup</u> Broccoli Cheddar <u>Dessert</u> Cherry Dessert Square</p>	<p>Pork Souvlaki with Seasoned Rice <u>Dessert</u> Homemade Oreos</p>	<p>Teriyaki Chicken with Rice <u>Dessert</u> Strawberry Shortcake</p>
6	7	8	9	10
<p>Chicken Bacon Ranch Wrap with Potato Chips <u>Soup</u> Creamy Chicken Vegetable <u>Dessert</u> Chocolate Chip Cookies</p>	<p>Mac and Cheese with Chicken Nuggets <u>Dessert</u> Chocolate Covered Rice Krispies</p>	<p>Pizza <u>Soup</u> Creamy Chicken Vegetable <u>Dessert</u> Apple Pie Tarts</p>	<p>Sweet and Sour Meatballs with Rice <u>Dessert</u> Brownies</p>	<p>PD DAY NO SCHOOL</p>
13	14	15	16	17
<p>Spaghetti with Meat Sauce <u>Soup</u> Italian Wedding <u>Dessert</u> Smarties Cookies</p>	<p>Sausage with Perogies <u>Dessert</u> Snickerdoodles</p>	<p>Pizza <u>Soup</u> Italian Wedding <u>Dessert</u> Chocolate Cupcakes</p>	<p>Chunky Chicken Sandwich with Potato Chips <u>Dessert</u> Oatmeal Cake</p>	<p>Lasagna with Garlic Bread <u>Dessert</u> Sprinkle Donuts</p>
20	21	22	23	24
<p>VICTORIA DAY NO SCHOOL</p>	<p>Chicken Quesadilla with Carrots & Ranch <u>Soup</u> Potato Bacon <u>Dessert</u> Puffed Wheat</p>	<p>Pizza <u>Soup</u> Potato Bacon <u>Dessert</u> Oreo Cheesecake</p>	<p>Pulled Pork Sandwich with Coleslaw <u>Dessert</u> Haystacks</p>	<p>Taco in a Bag <u>Dessert</u> Carrot Cake</p>
27	28	29	30	31
<p>Chicken Burger w/Fries Cheese Burger w/Fries <u>Soup</u> Roasted Broccoli <u>Dessert</u> Double Chocolate Cookies</p>	<p>Mac and Cheese with Chicken Nuggets <u>Dessert</u> Worms and Dirt</p>	<p>Pizza <u>Soup</u> Roasted Broccoli <u>Dessert</u> Coffee Cake</p>	<p>Pork Souvlaki with Seasoned Rice <u>Dessert</u> Chocolate Cake</p>	<p>Chicken Alfredo With Penne <u>Dessert</u> Oreo Truffles</p>

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