

Menu for Emma King from 01/10/2018 to 31/01/2019

SPECIAL NOTES		
FUN	THANKS FOR ORDERING. Every Entree Includes FUNDRAISING for your School!	0.00
NFS	NO FORKS OR SPOONS PLEASE - I am supporting the "Bring Your Own" Initiative and will send in cutlery from home	0.00
SNOW DAY POLICY		
SNO	INFORMATION ONLY: If the school is OPEN the Lunch Lady still delivers. Please contact us before 8AM if your child will not attend school to receive a credit in your account.	0.00
SMARTER MEALS/Repas santé		
S01	Smiling Shepherd's Pie with side sliced peaches	6.45
S02	3 Whole Grain Pancakes, side syrup, Yogurt and Berries	6.25
S03	Teriyaki Chicken Rice Bowl, steamed Veggies & Fresh Orange	6.55
S04	Fruit and Veggie Farm Plate with EGG, crackers, cheddar and dip	6.05
S05	Potato and Cheese Perogies with Power Veggie Mix, side sour cream and unsweetened Apple Sauce	5.75
S06	Garlic Chicken Penne, peas & carrots and Apple Slices.	6.45
S07	Sunshine Sandwich (EGG & mozzarella), salsa dip and Fresh Orange	5.95
S08	Simply Buttery Pasta Parmesan, Power Veggie Mix and fresh Apple Slices	5.75
S09	Crunchy Chicken and Apple Harvest Salad with maple/balsamic dressing and a bun	7.45
S10	Teriyaki Chicken Noodle Bowl with Steamed Veggies and Fresh Orange	6.75
S11	"Topsy Turvy" Pasta, ground beef, mozz cheese, Fresh Carrots and Dip	6.45
POPULAR HOT BALANCED MEALS		
R01	Homemade Macaroni and Cheese served with Steamed Veggies	5.25
R02	Baked Chicken Fingers with rice and corn	5.25
R03	Baked Chicken Fingers with Baked Potato Wedges and Corn Niblets	5.75
R04	Real Cheddar Grilled Cheese Sandwich and Veggie of the Day	4.95
R05	Spaghetti and Beef Meatballs with our own Special Pasta Sauce	5.25
R06	Saucy BBQ Chicken Drumstick (1) with Whole Grain Rice and Corn	5.05

R07	Saucy BBQ Chicken Drumstick (1) with Baked Potato Wedges and Corn	5.35
R08	Cheddar Cheeseburger with Baked Pototo Wedges and Sea Salt	6.05
R09	Cheddar Cheeseburger and the Veggie of the Day	5.85
R10	Beef Burger with Baked Potato Wedges and Sea Salt	5.45
R11	Beef Burger with side Veggie of the Day	5.25
R12	Lightly Breaded and Baked Chicken Burger with Baked Potato Wedges	5.95
R13	Lightly Breaded and Baked Chicken Burger and Veggie of the Day	5.75
R14	Veggie Burger with Baked Potato Wedges	6.45
R15	Veggie Burger with Veggie of the Day	6.25
R16	Cheese Tortellini and Tomato Sauce with Steamed Veggies	5.05
R17	2 pancakes, 1 Veggie Sausage, side syrup and unsweetened Applesauce	5.15
R18	Pancakes(2) with Turkey Sausage link (1), side syrup and unsweetened Applesauce	5.05
R19	2 Pancakes, Scrambled Egg, side syrup and unsweetened Applesauce	5.15
R20	French Toast Wedges with turkey sausages and side syrup and unsweetened Applesauce	5.95
R21	Soft Shell Beef Taco with side sour cream and Veggie of the Day	5.95
R22	Vegetarian Burrito with black beans, corn, rice, salsa, and cheese and side sour cream/	4.95
R23	High Protein Beef Burrito Bowl with whole grain rice, black beans, edamame topped with mozzarella cheese with side sour cream and side fresh fruit	5.95
R24	High Protein Burrito Bowl with meatless ground round, whole grain rice, black beans, edamame topped with mozzarella cheese with side sour cream and side fresh fruit	5.95
R26	Potato "Volcano" with Exploding Beef Meatballs, Gravy Lava and Corn	5.25
R27	Pasta with Meatless Ground (soy) and tomato sauce	5.25
R28	Lunchie's Good for You Chicken Fried Rice (with egg)	5.25
R35	Lightly Breaded and Baked Chicken Nuggets (4),a warm whole wheat Dinner Bun, a Fresh Veggie of the Day	5.45

POPULAR COLD BALANCED MEALS		
W01	Chicken Caesar Salad and dressing / Bun	5.75
W02	Crunchy Chicken Ranch Wrap	5.35
W03	Crunchy Chicken Caesar Wrap	4.75
W06	Garden Veggie and Cheese Wrap	4.95
W07	Cream Cheese on a Bagel with side Sliced Cucumbers	4.75
W08	Roast Turkey Deli Wrap with lettuce and light mayonnaise	5.25
W09	Tex Mex Egg Wrap with Romaine, corn, salsa ranch and cheddar cheese (served Cold)	4.75
W10	Carrot Cucumber Sushi Roll with side soy sauce and side edamame beans	5.55
W11	Hand rolled Crunchy Chicken Sushi Roll with carrots and cucumber. side soy sauce and side cold edamame	6.25
W12	"Chick'n" [veggie] Caesar Salad/Bun [no anchovy]	5.95
JUST PLAIN		
P01	Just a Real Cheddar Grilled Cheese Sandwich	4.75
P02	Just 3 pancakes served with side syrup	4.75
P03	Just Buttery Pasta with parmesan	4.75
P04	Just Potato and Cheese Perogies with side sour cream	4.75
P05	Just Homemade Macaroni and Cheese	5.00
GLUTEN FREE/Sans gluten		
GF1	Gluten Free Shepherd's Pie [beef]	5.55
GF3	Gluten Free Chicken Fingers with whole grain rice and corn	5.55
GF4	Gluten Free BBQ Chicken Drumstick (1) with rice and corn	5.25
GF5	A Gluten Free BBQ Chicken Drumstick (1), potato wedges and corn	5.45
GF6	Gluten Free Grilled Mozzarella Cheese Sandwich with Veggie of the Day	5.95
GF7	High Protein and Gluten Free Beef Burrito Bowl with whole grain rice, black beans, edamame topped with mozzarella cheese with side sour cream and side fresh fruit	5.95
HALAL/Halal		
HL1	Halal Chicken Burger and Baked Potato Wedges with a Sprinkle of Sea Salt	5.95
HL2	Halal Chicken Burger and Veggie of the Day	5.75
HL3	Spaghetti and Halal Beef Meatballs	5.95
HL4	Halal Chicken Fingers, rice and corn	5.95

HL5	Baked Halal Chicken Nuggets (4) with a warm Dinner Bun, and fresh Veggie of the Day	5.95
HL6	Crunchy Halal Chicken Ranch Wrap	5.65
LARGER SERVINGS		
B01	Saucy BBQ Chicken Drumsticks (2) with Whole Grain Rice and Corn	6.50
B02	Saucy BBQ Chicken Drumsticks (2) with Baked Potato Wedges and Corn	6.75
B03	Larger Serving of Teriyaki Chicken over Steamed Brown Rice with Steamed Veggies	6.95
B04	Larger Serving of Garlic Chicken Penne with peas and carrots.	6.65
B05	Larger Serving of Spaghetti and Meatballs in Our Special Pasta Sauce	6.95
B06	A Big Breakfast for Lunch with 3 Pancakes, 2 Turkey Sausage Links, a Scrambled Egg, side Syrup and unsweetened Applesauce	6.95
LITTLE LUNCHES/Petits repas		
L11	Baked Chicken Nuggets (3), warm bun, fruit and yogurt	5.95
L12	Little Pancake Bites, side syrup, fruit and yogurt	5.75
L13	Little Mac and Cheese, fruit and yogurt	5.95
L14	Little Pasta and Beef Meatballs, fruit and yogurt	5.95
L15	Little Buttery Pasta Parmesan, fruit and yogurt	5.75
L16	Little Real Cheddar Grilled Cheese Wedges with fruit and yogurt	5.75
LH3	Halal Chicken Nuggets (3), warm bun, fruit and yogurt	6.45
LH4	Mini Pasta and Halal Beef Meatballs, fruit and yogurt	6.45
SMOOTHIES and FROZEN TREATS		
SM1	Mango Tango Smoothie	3.75
SM2	Berry Blast Smoothie	3.75
COLD SIDES/Collations froids		
C01	Side Caesar Salad	2.65
C04	Just Carrots	1.25
C05	Just Cucumbers	1.25
C06	Cold Edamame Beans [shelled]	1.50
C12	Cookie	1.35
C13	Lunchie Snack Mix	1.65
C14	Kettle Popcorn	1.95
C15	Orange of the Day	1.35
C16	Peach Slices in Juice	1.50
C17	Just Apple Slices	1.35
C18	Unsweetened Applesauce	1.35

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C19	Apple Slices and Cheese	2.75
C20	Mini Yogurt and Banana Parfait sprinkled with chocolate chips	2.45
C21	Mini Berry Bottom Parfait	2.45
C22	Yogurt Tube	1.35
C24	Cheddar Cheese and Crackers	1.75
C25	Nachos and side salsa	1.75
C27	100% Apple Juice	1.35
C28	100% Orange Juice	1.35
HOT SIDES/Collations chaudes		
H01	Warm Garlic Bread Stick	1.35
H02	Chicken Noodle Soup and Crackers	3.00
H03	2 Chicken Fingers	3.50
H04	2 Turkey Sausage Links	2.25
H05	Baked Potato Wedges	1.85
H06	2 GF Chicken Fingers	3.75
H07	A serving of Power Mix (edamame, corn and black beans)	1.35
H08	A Serving of Corn Niblets	1.35
FIXINGS/ Condiments		
F01	Send disposable cutlery as needed	0.00
F02	Drinking Straw	0.00
F03	Purchase a Red Lunch Lady Re- usable Spork	1.00
F04	Ketchup packet	0.00
F05	Mustard packet	0.00
F06	Mayo packet	0.35
F07	Lunchie's Ranch Dip	0.60
F08	Hummus Dip [GF]	0.60
F10	1 more Side Syrup	0.35
F11	Plum Sauce packet	0.15
F12	Pickle Slices	0.25
F13	Tomato Slice	0.25
F14	Lettuce	0.25