

THE CANTEEN

BEVERAGES

apple juice or orange juice

Water small or large

small white milk

large chocolate milk

ice tea



MONDAY

Chicken caesar wrap or turkey club wrap- lettuce, cheese and bacon in both

TUESDAY

Taco in a bag-taco meat, lettuce,cheese and salsa

WEDNESDAY

Oven baked chicken fingers with potato wedges or fresh caesar salad

THURSDAY

Chicken fried rice and Asian noodles with broccoli and stir fry veggies

FRIDAY

Perogies with onions, bacon and sour cream

EVERYDAY

EGG SANDWICH

with cheese and bacon

EVERYTHING BAGEL

add cream cheese

CEREAL WITH MILK

add fresh fruit

Cheese pizza on a multigrain crust

cheeseburgers on whole -wheat bun-

fresh fruit

