

Menu for Ecole Michaele Jean from 27/02/2019 to 12/06/2019

Cancellation Policy		
C	We are happy to credit your account for cancellations received by email up to 8am on the day of delivery . For appointments and trips please cancel 48 hours in advance. Many Thanks	0.00
SPECIAL NOTES		
FUN	THANKS FOR ORDERING. Every Entree Includes FUNDRAISING for your School!	0.00
NF	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		
SNW	INFORMATION ONLY: If school buses are cancelled due to weather there will be no lunch delivery. Please send a lunch with your child from home. All lunches will be either cancelled and credited to your account or moved to an alternate delivery day	0.00
SMARTER MEALS/Repas santé		
SM0	Smarter Smiling Shepherd's Pie with Beef and Mashed Potato, with fresh Apple Slices	6.50
SM1	3 Whole Grain Pancakes, side syrup, Yogurt and Berries	6.25
SM2	Teriyaki Chicken Rice Bowl, steamed Veggies & Fresh Orange	6.50
SM5	Fruit and Veggie Farm Plate with EGG, crackers, cheddar and dip	6.25
SM7	Crunchy Chicken and Apple Harvest Salad with maple/balsamic dressing and a bun	6.95
SM9	Sunshine Sandwich (EGG & mozzarella), salsa dip and Fresh Orange	5.95
POPULAR HOT BALANCED MEALS		
B01	Beef Burger with Baked Potato Wedges and Sea Salt	5.95
B02	Beef Burger with with apple slices	5.65
CB1	Cheddar Cheeseburger with Baked Potato Wedges and Sea Salt	6.50
CB2	Cheddar Cheese Burger and Crunchy Apple Slices	6.20
CH1	Lightly Breaded and Baked Chicken Burger with Baked Potato Wedges	6.50
CH2	Lightly Breaded and Baked Chicken Burger and Crunchy Apple Slices	6.20
P01	3 Pancakes, side syrup and unsweetened Applesauce	5.50
P02	2 Pancakes and 2 Turkey Sausage Links, side syrup, unsweetened Applesauce	5.95

P03	2 Pancakes, Scrambled Egg, side syrup and unsweetened Applesauce	5.75
P04	French Toast Wedges with turkey sausages and side syrup and unsweetened Applesauce	5.95
R02	Our Homemade Mac and Cheese with fresh fruit of the Day	5.75
R03	Spaghetti and Beef Meatballs with our own Special Pasta Sauce	5.75
R04	Potato "Volcano" with Exploding Beef Meatballs, Gravy Lava and Corn	5.95
R05	Lightly Breaded and Baked Chicken Nuggets (4), a warm whole wheat Dinner Bun, a Fresh Veggie of the Day	5.75
R06	Baked Chicken Fingers with rice and corn	5.50
R07	Baked Chicken Fingers with Baked Potato Wedges and Corn Niblets	5.95
R08	Saucy BBQ Chicken Drumstick (1) with Baked Potato Wedges and Corn	5.75
R09	Chicken Noodle Soup, a Whole Wheat Bun, and Apple Slices	5.50
R1+	Dynamic Duo - Grilled Cheddar Cheese Sandwich and Chicken Noodle	7.50
R11	Real Cheddar Grilled Cheese Sandwich with apple slices	5.00
R12	Buttery Parmesan Pasta with fresh fruit	5.25
R13	Potato and Cheese Perogies, side sour cream and Fresh Apples	5.50
R15	Hearty and Satisfying Beef Chili with a Dinner Bun	6.25
R16	Warm Crunchy BBQ Chicken Wrap and fresh Veggie of the Day	6.25
R17	Lightly breaded Baked Fish Fillets with brown rice, niblet corn and side plum sauce	6.50
R18	Cheese Quesadilla with salsa, side sour cream and fresh Veggie of the Day	6.25
T01	Soft Shell Taco with seasoned ground beef, rice and cheese served with side sour cream and Veggie of the Day	6.25
T02	High Protein Beef Burrito Bowl with whole grain rice, black beans, edamame topped with mozzarella cheese with side sour cream and side fresh fruit	6.25
V01	Veggie Burger with Baked Potato Wedges	6.45
V02	Veggie Burger and Crunchy Apple Slices	6.25
V03	Vegetarian Burrito with black beans, corn, rice, salsa, and cheese and side sour cream/	5.50

V04	Hearty and Delicious Vegetarian Chili and a dinner bun	5.95
POPULAR COLD BALANCED MEALS		
W01	Chicken Caesar Salad and dressing / Bun	5.95
W02	Crunchy Chicken Ranch Wrap	5.50
W03	Crunchy Chicken Caesar Wrap	5.50
W06	Cream Cheese on a Bagel with side Sliced Cucumbers	3.95
W07	Hand rolled Crunchy Chicken Sushi Roll with carrots and cucumber. side soy sauce and side cold edamame	6.75
W08	Carrot Cucumber Sushi Roll with side soy sauce and side edamame beans	5.95
W09	Tex Mex Chicken Wrap with romaine, kernel corn, salsa ranch and cheddar cheese	5.95
GLUTEN FREE/Sans gluten		
GF1	Gluten Free Shepherd's Pie [beef]	5.95
GF2	Gluten Free Chicken Fingers with whole grain rice and corn	5.95
GF5	Gluten Free Grilled Mozzarella Cheese Sandwich with Veggie of the Day	5.75
GF6	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	6.25
GF7	Gluten Free Buttery Parmesan Rice Pasta with fruit	5.75
GF8	Gluten Free Rice Pasta & Gluten Free Meat Tomato Sauce [beef]	5.75
GF9	Gluten Free Waffles with side syrup and unsweetened Applesauce	6.50
HALAL/Halal		
HL1	Halal Chicken Burger and Baked Potato Wedges with a Sprinkle of Sea Salt	6.50
HL3	Spaghetti and Halal Beef Meatballs	5.95
HL4	Halal Chicken Fingers, rice and corn	6.25
HL5	Crunchy Halal Chicken Ranch Wrap	6.00
HL9	Halal Chicken Caesar Salad with croutons and parmesan, side dressing and a dinner bun	5.95
LARGER SERVINGS		
LS1	Larger Serving of Chicken Fingers (3), baked potato wedges and corn niblets	7.95
LS2	Larger Serving of Spaghetti and Meatballs in Our Special Pasta Sauce	7.25
LS3	A Big Breakfast for Lunch with 3 Pancakes, 2 Turkey Sausage Links, a Scrambled Egg, side Syrup and unsweetened Applesauce	7.75

LS4	A Big Breakfast for Lunch with 3 Pancakes, 2 Turkey Sausage Links, side Syrup and unsweetened Applesauce	7.25
LS5	Saucy BBQ Chicken Drumsticks (2) with Baked Potato Wedges and Corn	7.25
LITTLE LUNCHES/Petits repas		
L01	Little Mac and Cheese, fruit and yogurt	5.95
L02	Little Buttery Pasta Parmesan, fruit and yogurt	5.95
L03	Little Pasta and Beef Meatballs, fruit and yogurt	5.95
L04	Little Real Cheddar Grilled Cheese Wedges with fruit and yogurt	5.95
L05	Baked Chicken Nuggets (3), warm bun, fruit and yogurt	5.95
L06	Little Pancake Bites, side syrup, fruit and yogurt	5.95
SMOOTHIES and FROZEN TREATS		
S01	Berry Blast Smoothie	3.95
S02	Mango Tango Smoothie	3.95
COLD SIDES/Collations froids		
C01	Side Caesar Salad	2.75
C02	Side Garden Salad	2.75
C03	Just Carrots	1.25
C04	Just Cucumbers	1.25
C05	Cold Edamame Beans [shelled]	1.50
C06	Orange of the Day	1.50
C07	Just Apple Slices	1.50
C08	Unsweetened Applesauce	1.50
C09	Apple Slices and Cheese	2.50
C10	Cheddar Cheese and Crackers	1.75
C12	Lunchie Snack Mix	1.75
C13	Kettle Popcorn	2.25
C14	Cookie	1.50
C15	Banana Choco Chip Muffin	2.00
C16	1% milk	1.60
C17	Chocolate Milk	1.60
C18	Mini Berry Bottom Parfait	2.50
C19	Mini Yogurt and Banana Parfait sprinkled with chocolate chips	2.50
C20	Peach Slices in Juice	1.50
HOT SIDES/Collations chaudes		
H01	Warm Garlic Bread Stick	1.50
H02	2 Chicken Fingers	3.95
H03	2 GF Chicken Fingers	4.25
H04	2 Turkey Sausage Links	2.25
H05	Baked Potato Wedges	2.00

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FIXINGS/ Condiments		
F01	Drinking Straw	0.00
F02	Purchase a Red Lunch Lady Re-usable Spork	1.00
F03	Ketchup packet	0.00
F04	Mustard packet	0.00
F05	Mayo packet	0.00
F06	Plum Sauce packet	0.00
F07	Relish packet	0.00
F09	Lunchie's Ranch Dip	0.75
F11	1 more Side Syrup	0.40
F12	Pure Maple Syrup	1.25
F13	Caesar Dressing packet	0.25
F14	Tomato Slice	0.40
F15	Lettuce	0.40
HOT DOG OFFERS/ Les promos de hot-dog		
GFD	Gluten Free Turkey Hot Dog, gluten free bun and fresh apple slices	6.25
HCD	Halal Hot Dog (chicken) and fresh apple slices	5.50
THD	Premium Turkey Hot Dog with fresh apple slices	5.25
VHD	Veggie Hot Dog and fresh apple slices	5.50