

Menu for Ecole Michaele Jean from 11/10/2019 to 13/12/2019

Cancellation Policy		
C	Sick Child? Email before 8am on delivery day for an account credit. For appointments and trips please cancel 48 hours in advance. Many Thanks	0.00
SPECIAL NOTES		
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
MEALSHARE LUNCHESES		
M01	Cheesy Broccoli Pasta. Fusilli pasta tossed in homemade cheese sauce with broccoli. Served with apple slices. Includes a \$1 donation to Mealshare. Thank You	6.50
M02	Smiling Shepherd's Pie (beef) with Apple Slices (also Gluten Free). Includes a \$1 donation to Mealshare. Thank You	6.75
M03	Sunshine Sandwich (egg & cheddar) with fresh orange. Includes a \$1 donation to Mealshare. Thank You	6.50
M04	Dynamic Duo - Grilled Cheddar Cheese Sandwich and homemade Chicken Noodle Soup. Includes a \$1 donation to Mealshare. Thank You	7.50
M05	Tex Mex Chicken Wrap with romaine, kernel corn, salsa ranch and cheddar cheese. Includes a \$1 donation to Mealshare. Thank You	6.50
MS*	Every Mealshare item sold will provide one healthy meal to a youth in need. To find out more visit: www.mealshare.ca	0.00
SMARTER MEALS/Repas santé		
SM1	A Smarter Meal with 3 Whole Grain Pancakes, side syrup and Greek yogurt and berries	6.25
SM2	Smarter Potato and Cheese Perogies with Power Veggie Mix, side sour cream and unsweetened Apple Sauce	5.75
SM3	Simply Buttery Pasta Parmesan, Power Veggie Mix and fresh Apple Slices	5.75
SM4	Harvest Farm Plate with assorted veggies and fruit, hard boiled egg, wheat crackers, cheddar and ranch dip	6.50

SM5	Crunchy Chicken and Apple Harvest Salad with maple/balsamic dressing	7.25
POPULAR HOT BALANCED MEALS		
B01	Beef Burger with Baked Potato Wedges	6.00
B02	Beef Burger with with apple slices	6.25
CB1	Cheeseburger (beef burger topped with cheddar cheese) with Baked Potato Wedges and Sea Salt	6.75
CB2	Cheese Burger (beef burger topped with cheddar cheese) and Crunchy Apple Slices	6.50
CH1	Lightly Breaded and Baked Chicken Burger with Baked Potato Wedges	6.75
CH2	Lightly Breaded and Baked Chicken Burger and Crunchy Apple Slices	6.50
P01	3 Pancakes, side syrup and sliced apples	5.75
P02	2 Pancakes and 2 Turkey Sausage Links, side syrup, unsweetened Applesauce	6.25
P03	2 Pancakes, Scrambled Egg, side syrup and unsweetened Applesauce	6.00
P04	French Toast Wedges with 2 turkey sausages, side syrup and unsweetened Applesauce	6.50
R01	Chicken Teriyaki Rice Bowl with steamed California vegetables	6.25
R02	Garlic Chicken Penne with fresh fruit	6.25
R03	Spaghetti and Beef Meatballs with our own Special Pasta Sauce	6.00
R04	Potato "Volcano" with Exploding Beef Meatballs, Gravy Lava and Corn	6.25
R05	Lightly Breaded and Baked Chicken Nuggets (4), a warm whole wheat Dinner Bun, a Fresh Veggie of the Day	6.00
R06	Lightly Breaded and Baked Chicken Fingers & Rice with Corn	6.00
R07	Buttery Parmesan Pasta with fresh fruit	5.50
R08	Saucy BBQ Chicken Drumstick (1) with Baked Potato Wedges and Corn	6.00
R09	Potato and Cheese Perogies, side sour cream and Fresh Apples	6.00
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	6.25
T03	Vegetarian Burrito with black beans, corn, rice, salsa, and cheese, side sour cream	6.00

T04	High Protein Burrito Bowl with "meatless" ground round, whole grain rice, black beans, edamame topped with mozzarella cheese with side sour cream	6.00
V03	Vegetarian "Chick'n" Teriyaki Rice Bowl with steamed California vegetables	6.50
VB1	Veggie Burger and Crunchy Apple Slices	6.50
POPULAR COLD BALANCED MEALS		
W01	Chicken Caesar Salad with croutons and parmesan, side dressing and a dinner bun	6.50
W02	Crunchy Chicken Ranch Wrap	5.75
W03	Crunchy Chicken Caesar Wrap	5.75
W04	Vegetarian Crunchy "Chick'n" Ranch Wrap with fresh lettuce	6.25
W05	Cream Cheese on a Bagel with side Sliced Cucumbers	4.00
JUST PLAIN		
N01	Just Homemade Macaroni and Cheese	5.50
N02	Just a Real Cheddar Grilled Cheese Sandwich	5.00
N03	Just Spaghetti and Tomato Sauce	5.00
GLUTEN FREE/Sans gluten		
GF1	High Protein and Gluten Free Beef Burrito Bowl with whole grain rice, black beans, edamame topped with mozzarella cheese with side sour cream	6.25
GF2	Gluten Free Grilled Cheddar Cheese Sandwich with Veggie of the Day	6.00
GF3	Gluten Free Pasta & Gluten Free Meat Tomato Sauce [beef]	6.25
GF4	Gluten Free Pasta with tomato sauce	5.75
GF5	Just Gluten Free Buttery Pasta with Parmesan	5.75
GF6	Gluten Free Chicken Fingers with whole grain rice and corn	6.50
GF7	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	6.75
HL2	Halal Chicken Fingers, rice and corn	6.75
HL3	Spaghetti and Halal Beef Meatballs	6.75
HL4	Crunchy Halal Chicken Ranch Wrap	6.00
LITTLE LUNCHESES/Petits repas		
L01	Little Pancake Bites, side syrup, fruit and milk	5.95
L02	Little Mac and Cheese, fruit and milk	6.25

L03	Little Pasta and Beef Meatballs, fruit and milk	6.25
L04	Little Real Cheddar Grilled Cheese Wedges, fruit and milk	5.95
L05	Baked Chicken Nuggets (3), warm bun, fruit, and milk	6.25
L06	Little Buttery Parmesan Pasta, fruit and milk	5.95
COLD SIDES/Collations froids		
AC	Apple Slices and Cheddar Cheese	3.00
AP	Just Fresh Apple Slices	1.50
AS	Unsweetened Applesauce	1.25
C01	Side Caesar Salad with dressing	3.00
C02	Side Garden Salad with dressing	3.00
C03	Small white milk (117ml or 125ml)	1.25
C04	Regular white milk (237ml or 250ml)	1.75
C05	Chocolate Milk (237ml or 250ml)	1.75
CK	Cookie	1.50
ED	Cold Edamame Beans [shelled]	1.50
MF	Muffin	1.75
OR	Orange of the Day	1.50
SC	Blueberry Scone	1.50
SC1	Milk and a Blueberry Scone	2.50
SC2	Milk and a Cookie	2.50
VC	Fresh Veggie Cup with ranch dip	2.75
VH	Fresh Veggie Cup with Hummus	3.00
YB	Mini Berry Bottom Yogurt Parfait	3.00
YC	Mini Yogurt and Banana Parfait sprinkled with chocolate chips	3.00
HOT SIDES/Collations chaudes		
H01	Warm Garlic Bread Stick	1.50
H02	Baked Potato topped with melted cheese and served with a side sour cream	4.00
H03	2 Chicken Fingers	3.75
H04	Two Turkey breakfast sausages	2.50
H05	Baked Potato Wedges with sea salt [GF]	2.00
H06	2 Gluten Free Chicken Fingers	4.25
H07	Hearty Chicken Noodle Soup and Crackers	4.25
FIXINGS/ Condiments		
CSR	Caesar Dressing packet	0.25
DIP	Ranch Dressing Packet (16ml)	0.25
KET	Ketchup packet	0.00
LET	Lettuce	0.50
MAY	Mayo packet	0.25
MPL	Pure Maple Syrup	1.25
MUS	Mustard packet	0.00
PIC	Pickle Slices	0.50

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PLM	Plum Sauce packet	0.00
REL	Relish packet	0.00
SOY	Soy Sauce packet	0.00
STR	Drinking Straw	0.00
SYR	1 more Side Syrup	0.25
TOM	Tomato Slice	0.50