

Buckingham Elementary Lunch Service – December 2008 (Winter Menu)

Monday

Option #1	\$4	Option #2	\$3	Option #3	\$3
Organic pasta with mild Italian sausage bolognaise (meat and tomato sauce)		Taco Salad – Multigrain tortillas, fresh spinach, chicken, assorted fresh veggies, shredded cheddar cheese, sprinkled with mild salsa served with choice of fresh fruit or juice		Grill Cheese sandwich made with whole wheat bread and cheddar cheese served with choice of fresh fruit or juice and a muffin	

Tuesday

Option #1	\$4	Option #2	\$3	Option #3	\$3
Shepard's Pie made with 100% lean ground beef, corn and potatoes complete with a toasty cheese top		Chicken wrap – plain or ceasar served with choice of fresh fruit or juice		Grill Cheese sandwich made with whole wheat bread and cheddar cheese served with choice of fresh fruit or juice and a muffin	

Wednesday

Option #1	\$4	Option #2	\$3	Option #3	\$3
Chicken Quesadillas served with sour cream, guacamole and salsa for dipping		Toasted multigrain bagel with herb cream cheese (light) with fresh veggies served with choice of fresh fruit or juice		Grill Cheese sandwich made with whole wheat bread and cheddar cheese served with choice of fresh fruit or juice and a muffin	

Thursday

Option #1	\$4	Option #2	\$3	Option #3	\$3
Chicken fried rice with spring rolls served with plum sauce for dipping		Mini pesto pizzas made with pita bread, pizza-pesto sauce and light cheddar cheese served with choice of fresh fruit or juice		Grill Cheese sandwich made with whole wheat bread and cheddar cheese served with choice of fresh fruit or juice and a muffin	

Friday

Option #1	\$4	Option #2	\$3	Option #3	\$3
Hearty veggie lasagna served with garlic toast		Cold Chicken Salad with choice of dressing served with choice of fresh fruit or juice		Grill Cheese sandwich made with whole wheat bread and cheddar cheese served with choice of fresh fruit or juice and a muffin	

Daily Options:

Organic home-made soup – Chicken noodle served with crackers **\$2**

Snacks – healthy home-made muffins, variety of fruit, yogurt or home-made cookies **.75¢ each**

Beverages – 100% fruit juice boxes, cup of fresh 2% milk, warm organic chai tea (caffeine-free) made with milk and a touch of maple syrup, hot apple cidre, or smoothie **\$1**

Water - Fresh spring water will be available from a dispenser in the cafeteria at lunch time

\$ Free!

Please contact: Christine Anderson for questions or special meal plan arrangements.

819-961-3540 or christineanderson@videotron.ca

Pre-pay monthly for lunches and save 10% - New Spring menu: March 2009