



Roncalli Central High Everyday Menu

<u>Lunch Items</u>	<u>Price</u>	<u>Healthy Snacks</u>	<u>Price</u>	<u>Beverages</u>	<u>Price</u>
Salads	\$2.75	Fresh Whole Fruit	\$1.00	100% Pure Juice (300 ml)	\$1.50
Salads with Chicken	\$3.75	Veggie Sticks & low-fat dip	\$1.00	100% Pure Juice (4oz)	75¢
Assorted Subs	\$3.00	Yogurt	\$1.25	Aquafina Bottled Water (500 ml)	\$1.25
Assorted Wraps	\$2.75	Yogurt Tubes	\$1.00	Large White/Chocolate Milk	\$1.10
Assorted Sandwiches	\$2.50	Frozen Fruit Snack	\$1.25	Small White/Chocolate Milk	55¢
Pizza Slice (Hawaiian, Burger & Veggie or Cheese)	\$2.50	Fruit & Yogurt Parfait	\$2.00	<u>Frozen Treats</u>	
Chicken Fingers (3)	\$2.95	Apple Slices	\$1.25	Fudgesicles	\$1.50
Chicken Burger	\$2.75	Nutri Grain Bars	\$1.00	Dixie Cups	\$1.50
Chicken Nuggets (5)	\$2.75	<u>Treats</u>		<u>Pre-Paid Meal Cards</u>	
Daily Soup with Crackers	\$2.00	Baked Chips	\$1.25	Meal Cards - 5 Specials	\$21.00
Lean Beef Burger	\$2.50	Popcorn	\$1.25	Meal Cards - 10 Specials	\$41.00
Hot Dog – Thursday Only	\$1.25	Thinsations	\$1.00	Atlantic Catering Ltd is pleased to offer Whole Wheat Breads and Pastas	
Baked Taters	\$2.00	Oatmeal to go Bars	\$1.00		
Poutine – Wednesday Only	\$3.25	Oatmeal Cookie	45¢		
<u>Extras</u>		<u>Price</u>			
Dinner Roll	35¢	Muffins	\$1.25		

Atlantic Catering's 2 Week Menu for Daily Specials

4.50

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 Lunch Combo	Chicken Burger with Side Salad	Homemade Goulash with a Roll	Pizza Slice (Hawaiian or Cheese) with Fries or Salad	Grilled Cheese Sandwich & Soup of the Day	Chicken Nuggets with Baked Taters
WEEK 2 Lunch Combo	Chicken Quesadillas with a Pasta Salad or Mexican Rice	Spaghetti with Meat Sauce and Garlic Slice	Pizza Slice (Burger & Veggie or Cheese) with Fries or Salad	Garlic Fingers with Side Chicken Caesar	Lean Hamburger with Side Salad



Daily Specials include choice of Small Milk or 4oz Juice



Week 1	Sep 7 th	Sept 21 st	Oct 5 th	Oct 19 th	Nov 2 nd	Nov 16 th	Nov 30 th	Dec 14 th
Week 2	Sep 14 th	Sep 28 th	Oct 12 th	Oct 26 th	Nov 9 th	Nov 23 rd	Dec 7 th	

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