



Calgary Board of Education

Tom Baines School

LUNCHROOM MENU 2017-18

WEEK 1

Monday 1

Beef Dip	\$ 4.00
Baked Potato	\$ 1.50
Pepperoni Melt	\$ 2.50
Veggies or Fruit	\$ 1.00
Southwestern Salad	\$ 1.50
Taco Soup	\$ 1.25
Vegetarian Chili	\$ 1.50
Chocolate Zucchini Muffin	\$ 1.00

Tuesday 1

Spaghetti Plate (turkey)	\$ 4.00
Caesar Salad	\$ 1.50
Grilled Cheese Sandwich	\$ 1.25
Veggies or Fruit	\$ 1.00
Tomato Soup	\$ 1.25
Cookie	\$ 1.00

Wednesday 1

Cheese Pizza	\$ 3.50
Caesar Salad	\$ 1.50
Chicken Noodle Soup	\$ 1.25
Veggies or Fruit	\$ 1.00
Assorted Muffins	\$ 1.00

Thursday 1

Turkey Meatball Pasta	\$ 4.00
Pasta	\$ 1.50
Chicken Hot Dog	\$ 1.50
Italian Salad & Garlic Bread	\$ 1.50
Turkey Meatball Soup	\$ 1.25
Veggies or Fruit	\$ 1.00
Chocolate Chip Cookie	\$ 1.00

Friday 1

Chicken Wrap	\$ 3.50
Greek Pasta Salad	\$ 1.50
Beef Fajita	\$ 3.00
Chicken Noodle Soup	\$ 1.00
Turkey Meatball Soup	\$ 1.25
Veggies or Fruit	\$ 1.00
Brownie	\$ 1.00

WEEK 2

Monday 2

Turkey Burger	\$ 3.00
Perogies	\$ 1.50
Sweet Potatoes	\$ 2.50
Southwestern Salad	\$ 1.00
Veggies or Fruit	\$ 1.50
Taco Soup	\$ 1.25
Chocolate Zucchini Muffin	\$ 1.00

Tuesday 2

Lasagna Plate (Beef)	\$ 4.00
Caesar Salad	\$ 1.50
Turkey Panini	\$ 3.50
Tomato Soup	\$ 1.25
Veggies or Fruit	\$ 1.00
Cookie	\$ 1.00

Wednesday 2

Cheese Pizza	\$ 3.50
Caesar Salad	\$ 1.50
Chicken Noodle Soup	\$ 1.25
Veggies or Fruit	\$ 1.00
Assorted Muffins	\$ 1.00

Thursday 2

Spicy Chicken Fingers Plate	\$ 4.00
Potato Wedges	\$ 2.00
Italian Salad & Garlic Bread	\$ 1.50
Turkey Meatball Soup	\$ 1.25
Chicken Hot Dog	\$ 1.50
Veggies or Fruit	\$ 1.00
Chocolate Chip Cookie	\$ 1.00

Friday 2

Beef Taco Salad	\$ 3.50
Chicken Fajita	\$ 3.00
Chips & Salsa	\$ 2.00
Chicken Noodle Soup	\$ 1.25
Turkey Meatball Soup	\$ 1.25
Veggies or Fruit	\$ 1.00
Brownie	\$ 1.00

Mid Morning Break

Chocolate Zucchini Muffin \$ 1.00

Carrot Muffin \$ 1.00

Cheese Biscuit \$ 1.00

Cinnamon Bun \$ 1.00

Friday Break
Cheesy Hashbrowns \$ 2.00

Mid Morning Break

Monday-Friday

Choc.&White Milk \$ 1.00
Water or Juice \$ 1.00
Veggies or Fruit \$ 1.00