

Menu for Leslie Thomas Jr High from 26/11/2019 to 20/12/2019

Cancellation Policy		
CAN	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		
FUN	Information only - THANKS FOR ORDERING. Every Entree Includes FUNDRAISING for your School!	0.00
NOC	Help us reduce waste and send in cutlery from home for your child's lunch. (Disposable utensils are available for purchase under "fixings")	0.00
SNOW DAY POLICY		
SNO	INFORMATION ONLY: If school buses are cancelled due to weather there will be no lunch delivery. All lunches will be either cancelled and credited to your account or moved to an alternate delivery day	0.00
SMARTER MEALS/Repas santé		
S01	Smarter Potato and Cheese Perogies with Power Veggie Mix, side sour cream and unsweetened Apple Sauce	6.35
S02	Garlic Chicken Penne with peas and carrots and side apple slices.	6.60
S03	Smarter Smiling Shepherd's Pie with Beef and Mashed Potato, with Sliced Peaches in juice.	6.60
S04	A Smarter Meal with 3 Whole Grain Pancakes, side syrup and Greek yogurt and berries	6.35
S05	Simply Buttery Pasta Parmesan, Power Veggie Mix and fresh Apple Slices	6.10
S06	A Smarter Teriyaki Chicken Rice Bowl, Steamed Veggies and fresh orange of the day	6.60
S07	Harvest Farm Plate with assorted veggies and fruit, hard boiled egg, wheat crackers, cheddar and ranch dip	6.60
S08	Smarter Sunshine Sandwich with EGG and mozzarella on an English muffin, salsa dip and fresh orange of the day	6.10
POPULAR HOT BALANCED MEALS		
PZ1	Personal Hawaiian Pizzette with Ham (pork) and Pineapple & Side Caesar Salad with dressing	7.50
PZ2	Pizzette with Mozzarella & Side Caesar Salad with dressing	7.50
R01	Homemade Macaroni and Cheese served with Steamed Veggies	5.85
R02	Our Homemade Mac and Cheese with fresh fruit of the Day	5.85

R03	Spaghetti and Beef Meatballs with our own Special Pasta Sauce	5.85
R04	French Toast Wedges with 2 turkey sausages, side syrup and unsweetened Applesauce	6.85
R05	Lunchie's Good for You Chicken Fried Rice contains egg)	5.85
R06	Smiling Vegetarian Shepherd's Pie, veggie chili topped with corn and real mashed potatoes	5.85
R07	Real Cheddar Grilled Cheese Sandwich and Veggie of the Day	5.85
R08	High Protein Beef Burrito Bowl with whole grain rice, black beans, edamame topped with mozzarella cheese with side sour cream	5.85
R09	Personal Cheese Pizzette with Veggie of the Day	5.85
R10	Lightly Breaded and Baked Chicken Nuggets (4), a warm whole wheat Dinner Bun, a Fresh Veggie of the Day	5.85
R11	Saucy BBQ Chicken Drumstick (1) with Whole Grain Rice and Corn	5.85
R13	Personal Hawaiian Pizzette with Ham (pork) and Pineapple and Veggie of the Day	5.85
R14	Potato and Cheese Perogies, side sour cream and Fresh Apples	5.85
R15	Potato "Volcano" with Exploding Beef Meatballs, Gravy Lava and Corn	5.85
R17	2 Pancakes with a Sausage Link, side syrup and unsweetened Applesauce	5.85
R19	Lightly Breaded and Baked Chicken Fingers & Rice with Corn	5.85
R20	Cheese Tortellini and Tomato Sauce with Steamed Veggies	5.85
R21	Cheese Tortellini with Tomato Sauce, fresh fruit	5.85
R23	Buttery Parmesan Pasta with fresh fruit	5.85
R24	Cheese Burger (beef burger topped with cheddar cheese) and the Veggie of the Day	6.35
R26	Lightly Breaded and Baked Chicken Burger and Veggie of the Day	6.35
R28	Beef Burger with side Veggie of the Day	5.85
R30	Veggie Burger with Veggie of the Day	6.35
R70	Dynamic Duo - Real Cheddar Grilled Cheese Sandwich and Tomato Soup	7.50
S09	Hearty and Satisfying Beef Chili over Rice	6.10

POPULAR COLD BALANCED MEALS		
W01	Chicken Caesar Salad with croutons and parmesan, side dressing and a dinner bun	6.10
W02	Cream Cheese on a Bagel with side Sliced Cucumbers	5.35
W03	Lean Ham [pork] Sandwich with lettuce and light mayo and Fresh Veggie of the Day	5.85
W04	Crunchy Chicken Ranch Wrap	5.85
W05	Turkey Deli Sandwich with lettuce and light mayo and Veggie of the Day	6.60
W06	Hand rolled carrot-cucumber sushi roll with side soy sauce and side edamame beans	5.85
W07	Chef's Italian Salad with Chicken, tomatoes and cucumbers, side Italian dressing and a whole wheat dinner bun.	6.10
JUST PLAIN		
P01	Just Spaghetti and Tomato Sauce	5.35
P02	Just Buttery Pasta with parmesan	5.35
GLUTEN FREE/Sans gluten		
GF1	Gluten Free Garlic Chicken Penne with Peas and Carrots	6.10
GF2	Gluten Free Buttery Pasta with Parmesan and steamed Veggies	6.10
GF3	Gluten Free Pasta & Gluten Free Meat Tomato Sauce [beef]	6.10
GF4	High Protein and Gluten Free Beef Burrito Bowl with whole grain rice, black beans, edamame topped with mozzarella cheese with side sour cream	6.10
GF5	Gluten Free Shepherd's Pie [beef]	6.10
HALAL/Halal		
HL1	Halal Chicken Burger and Veggie of the Day	6.35
HL2	Halal Chicken Burger and Baked Potato Wedges with a Sprinkle of Sea Salt	6.35
HL3	Baked Halal Chicken Nuggets (4) with a warm Dinner Bun, and fresh Veggie of the Day	6.35
HL4	Crunchy Halal Chicken Ranch Wrap	5.85
LARGER SERVINGS		
LG1	Saucy BBQ Chicken Drumsticks (2) with Whole Grain Rice and Corn	7.10
LG2	A Big Breakfast for Lunch with 3 Pancakes, 2 Turkey Sausage Links, side Syrup and unsweetened Applesauce	7.10
LG3	Larger Serving of Spaghetti and Meatballs in Our Special Pasta Sauce	7.10

LG4	Larger Serving of Teriyaki Chicken over Steamed Brown Rice with Steamed Veggies	7.10
LG5	Larger Serving of Garlic Chicken Penne with Peas and Carrots.	7.10
LG6	Larger Serving of our Kitchen Made Smiling Shepherd's Pie	7.10
LG7	A Larger Meal with a Beef Hamburger, Baked Potato Wedges, and a side Caesar Salad	7.10
LG8	Saucy BBQ Chicken Drumsticks (2) with Baked Potato Wedges and Corn	7.10
LG9	A Larger Meal with a Cheese Burger (beef burger topped with cheddar cheese) , Baked Potato Wedges, and a side Caesar Salad	7.10
LGC	A Larger Meal with a Chicken Burger, Baked Potato Wedges, and a side Caesar Salad	7.10
SMOOTHIES and FROZEN TREATS		
SM1	Berry Blast Smoothie with Berries, Yogurt and Apple Juice	4.00
SM2	Our Own Mango Tango Smoothie with Mango, Yogurt and Honey	4.00
COLD SIDES/Collations froids		
C01	Side Caesar Salad with dressing	2.75
C02	Just Carrots	1.50
C03	Just cucumbers	1.50
C04	Just Fresh Apple Slices	1.50
C05	Orange of the Day	1.50
C06	Unsweetened Applesauce	1.50
C07	Sliced Peaches in Juice	1.50
C08	Kitchen Baked Oatmeal Cookie	1.25
C09	Lunchie Mix with Goldfish, Cheerios, and Craisins, and chocolate chips	1.75
C10	Mini Yogurt and Banana Parfait sprinkled with chocolate chips	2.75
C11	Mini Berry Bottom Yogurt Parfait	2.75
C12	Regular white milk (237ml or 250ml)	1.75
C13	Chocolate Milk (237ml or 250ml)	2.00
C14	100% Apple Juice	1.35
C15	100% Orange Juice	1.35
C16	Cold Edamame Beans [shelled]	1.50
C17	Side Garden Salad with dressing	2.75
C18	Creamy Stirred Yogurt Cup (no gelatine and gluten free)	1.50
JC	100% Apple Juice and a Cookie	2.50
MC	Milk and a Cookie	2.50
HOT SIDES/Collations chaudes		
H01	Warm Garlic Bread Stick	1.50
H02	Tomato Soup and Crackers	3.25
H03	Baked Potato Wedges with sea salt [GF]	2.00

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H04	Hearty Chicken Noodle Soup and Crackers	3.25
H06	A cup of Veggie Chili	3.00
H07	Two Breakfast Sausage Links	2.25
H08	Add 3 Beef Meatballs to your order	2.25
H09	A serving of Power Mix (edamame, corn and black beans)	1.50
H10	A Serving of Corn Niblets	1.50
H11	A Serving of Steamed Rice On the Side	1.50
FIXINGS/ Condiments		
CUT	Send disposable cutlery as needed	0.25
DST	Drinking Straw	0.00
F01	Ketchup packet	0.15
F02	Mustard packet	0.15
F03	Mayo packet	0.35
F04	Lettuce	0.35
F05	Tomato Slice	0.35
F06	Pickle Slices	0.35
F07	Caesar Dressing packet	0.35
F08	Ranch Dressing Packet (16ml)	0.35
F09	Plum Sauce packet	0.15
F11	Side Parmesan Cheese	0.50
SPK	Purchase a Red Lunch Lady Re-usable Spork	1.00