



Tatamagouche Regional Academy

Cafeteria Daily Specials

Sept 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4 Labour Day School Closed	5 PD Day No Classes	6 Popcorn Chicken & Fries	7 Spaghetti & Garlic Bread	8 Two Cheese Pizza with Yogurt Tube
11 Pancakes with Yogurt & Berries	12 Chicken Taco & Caesar Salad	13 Hamburger & Fries	14 Loaded Nachos	15 Two Cheese Pizza with Yogurt Tube
18 Breakfast Wrap & Hashbrown	19 Beef Taco & Veggie Sticks	20 Spaghetti & Garlic Bread	21 Two Cheese Pizza with Veggies & Fruit	22 PD Day No Classes
25 French Toast With Yogurt & Berries	26 Macaroni & Cheese	27 Chicken Burger & Fries (Hot Chicken & Gravy OR Crispy Chicken)	28 Beef Taco & Tossed Salad	29 Two Cheese Pizza with Veggies & Fruit
Oct.2 No School!	Oct.3 Chicken Alfredo & Garlic Bread	Oct.4 Rice with Sweet & Sour Meatballs	Oct.5 Beef Taco & Caesar Salad	Oct.6 Two Cheese Pizza with Fruit

Daily Special - \$4.85

with white milk (250ml) - \$5.25

with chocolate milk (250ml) - \$6.00

Lunch orders can be placed daily or in advance - please send your payment, by cash or cheque addressed to Cobequid Schools Catering Society, with your child's order.

*Daily Items (when available)

Bagel with butter - \$2.50

with Cream cheese - \$3.00

Bagel with egg and cheese - \$4.50

Cheese & Crackers - \$1.50

Boiled Egg - \$0.75

Slice of Cheddar - \$0.75

Fruit Tray - \$3.00

Yogurt Parfait - \$1.50

Frozen Yogurt Tube - \$1.00

Piece of Fruit - \$1.25

Muffin - \$1.25

Small cookie - \$0.50

Bottle of Water (500ml) - \$1.00

Can of Bubly - \$1.25

Small Milk (237ml) - **\$0.40**

Small Chocolate Milk (237ml) - \$1.50

7" Pizza (cheese or garlic) - \$4.75

Cheese Pizza slice - \$3.75

Pizza Bagel - \$3.75

Chicken Panini - \$4.85

Quesadilla - \$4.85

Nachos with Salsa & Cheese - \$4.00

Small Wrap (crispy chicken or ham & cheese) - \$3.50

Large Chicken Caesar wrap - \$4.50

Large Crispy Chicken wrap - \$4.50

Sandwich (egg, turkey, or ham) - \$4.00

Sub (turkey, ham, pepperoni & cheese) - \$4.50

Tata Lunchables - \$4.00

Garden Salad - \$5.00 with chicken - \$6.00

Caesar Salad - \$5.00 with chicken - \$6.00

Small Veggie Tray - \$3.00