



Tatamagouche Regional Academy

Cafeteria Daily Specials

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Sep 30 No School	1 Beef or Bean Taco with Garden Salad	2 Beef or Vegetarian Macaroni Goulash with Veggie Sticks	3 Picnic Plate with Hummus or Chicken	4 Cheese or Chicken Pizza With Caesar Salad
7 Pancakes With Yogurt & Berries	8 Chicken or Veggie Taco with Caesar Salad	9 Vegetarian or Chicken Alfredo with side of Broccoli	10 Cheese or Garlic Pita Pizza with veggie sticks	11 No School
14 Thanksgiving No School	15 Beef or Bean Taco with garden salad	16 Beef or Vegetarian Chili with whole wheat Roll	17 Sweet & Sour Meatballs or Tofu with Rice & Veggies	18 Cheese or Chicken Pizza With Caesar Salad
21 French Toast with Yogurt & Berries	22 Veggie or Chicken Taco with Caesar salad	23 Beef or Bean Burrito Bowl With veggies	24 Cheese or Garlic Pizza with veggie sticks	25 No School

Daily Special - **\$6.50**

with white milk (250ml) - **\$6.90**

with chocolate milk (250ml) - **\$8.00**

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.

Additional Daily Items (when available)

Snack Items:

- Cheese String- \$1.00
- Yogurt Parfait - \$1.50
- Frozen Yogurt Tube - \$1.00
- Piece of Fruit - \$1.00
- Muffin - \$1.25
- Small oatmeal cookie - \$0.50
- Small Fruit Tray - \$3.00
- Small Veggie Tray - \$3.00
- Fruit, Veggies, Cheese & Crackers - \$4.00

Drinks:

- Bottle of Water (500ml) - \$1.00
- Can of Bubly - \$1.25
- Small Milk (237ml) - \$0.40
- Small Chocolate Milk (237ml) - \$1.50

Coming Soon!

The new Provincial Lunch Program will be starting at TRA soon. Stay tuned for more details!