

Bathurst Superior Cafeterias Inc.
Daily Menu for Bathurst High School 2016/2017

2016 / 2017 \$5.50 BHS Meal Choice	First	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1						
Sept 5-9 Oct 31-Nov 4 Jan 9-13 Mar 13-17 May 8-12	Oct 3-7 Nov 28-Dec 2 Feb 6-10 Apr 10-14 June 5-9	Mac n' hamburg coleslaw whole wheat roll Milk or juice	Chicken burger salad (tossed or caesar) Milk or juice	Roast Pork Mashed potatoes veggies Milk or juice	Sloppy Joe mashed potatoes veggies Milk or juice	Sweet n' sour meatballs rice veggie stir fry Milk or juice
WEEK 2						
Sept 12-16 Nov 7-11 Jan 16-20 Mar 20-24 May 15-19	Oct 10-14 Dec 5-9 Feb 13-17 Apr 17-21 June 12-16	Cheesy Rotinni marinara sauce garlic bread Milk or juice	Beef tacos Mexican rice Milk or Juice	Lasagna garlic bread caesar salad Milk or juice	Chicken Casserole small salad whole wheat roll Milk or Juice	Sweet n' sour pork rice vegetable Milk or juice
WEEK 3						
Sep 19-23 Nov 14-18 Jan 23-27 Mar 27-31 May 22-26	Oct 17-21 Dec 12-16 Feb 20-24 Apr 24-28 June 19-23	Mac n' hamburg coleslaw whole wheat roll Milk or juice	Chicken burger salad (tossed or caesar) Milk or juice	Roast turkey mashed potatoes peas and carrots Milk or juice	Chilli n' corn chips Small salad Milk or juice	Sweet n' sour meatballs rice veggie stir fry Milk or juice
WEEK 4						
Sep 26-30 Nov 21-25 Jan 30-Feb 3 Apr 3-7 May 29-June 2	Oct 24-28 Dec 19 to 23 Fe 27-Mar 3 May 1-5	Cheesy Rotinni marinara sauce garlic bread Milk or juice	Chicken Quesadillas Mexican rice Milk or juice	Chicken Leg Mashed potatoes corn Milk or Juice	Creamy Thai Chicken Egg noodles small salad Milk or Juice	Sweet n' sour pork rice vegetable Milk or juice

Second Meal Choice \$5.50	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
	Chicken Noodle Soup Grilled cheese Gold Fish Crackers	Hamburger Pan Fries Coleslaw Milk or Juice	Spaghetti with meat sauce Garlic bread Milk or Juice	Chicken Nuggets Mashed Potatoes Corm Milk or Juice	Pizza Slice pasta salad Milk or Juice

a-la-carte choices	Monday	Tuesday	Wednesday	Thursday	Friday
	Soft taco \$2.25	Hamburger \$3.00	Soft taco \$2.25	Hamburger \$3.00	Soft taco \$2.25
	Garlic fingers \$3.00	Garlic fingers \$3.00	Garlic fingers \$3.00	Garlic fingers \$3.00	Garlic fingers \$3.00
	9" round \$5.00	9" round \$5.00	9" round \$5.00	9" round \$5.00	9" round \$5.00
	Chicken burger \$3.50	Cheeseburger \$3.50	Quesadillas \$3.75	Cheeseburger \$3.50	Chicken burger \$3.50
	Breakfast sand. \$2.75	Breakfast sand. \$2.75	Breakfast sand. \$2.75	Breakfast sand. \$2.75	Breakfast sand. \$2.75
	Chicken wrap \$3.75	Chicken wrap \$3.75	Chicken wrap \$3.75	Chicken wrap \$3.75	Chicken wrap \$3.75
Pizza Slice \$3.25	Three Cheese	Bacon Db Chs	Donair style	All dressed	Pepperoni

Served Daily	
Milk carton White/Chocolate	\$.45 / \$.50
Glass of milk	\$0.40
Glass of juice	\$0.75
Bottled water	\$1.50
Juice 200ml (Tetra Pak)	\$1.25
Soup and crackers	\$3.00
Fresh fruit	\$1.00
Veggies with dip (5oz)	\$1.25
Cheese n' crackers	\$1.50
Frozen Fruit cup	\$1.00
Assorted sandwiches	\$3.00
Baked chips / Pretzels	\$1.25
Gold Fish crackers	\$1.50
Chicken bowl	\$3.75

Homemade baked goods	
Muffin	\$1.00
Banana bread	\$1.00
Rice Crispie Square	\$1.00
Chocolate chip cookie	\$0.75
Ham n' cheese biscuit	\$1.00

Salads	
Sm. caesar or tossed	\$3.00
With Chicken	\$4.00
Lg. caesar or tossed	\$4.00
With chicken	\$5.50
Pasta salad	\$3.00
7" Deep dish pizza	\$5.00

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