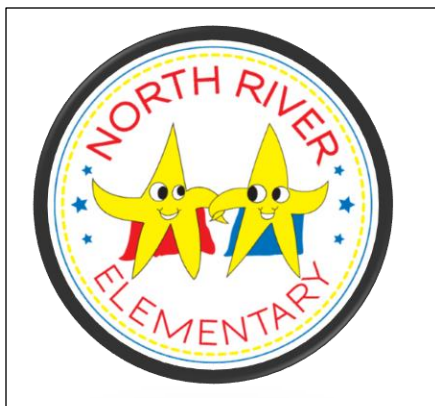



October 2021		RECESS ITEMS	
Meal, w. milk & fruit or veggie	4.75	Fresh fruit	.75
Meal, choc. milk & fruit or veggie	5.50	Fresh Muffins	.75
Caesar salad	4.00	Baked chips	1.25
Veggie plate	3.75	Welch gummies	1.25
<i>Sandwiches available:</i>			
Tuna	3.50	Milk (incl. skim)	.40
Chicken salad		Chocolate milk	1.50
Ham & Cheese		Bottled water	1.00



Mi'kmaq History Month  
We are all Treaty People



<p>Name: _____ Teacher: _____</p> <p><b>October 4</b></p> <ul style="list-style-type: none"> <li>Homemade Mac &amp; Cheese</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 5</b></p> <ul style="list-style-type: none"> <li>Sweet &amp; Sour Meatballs &amp; Rice</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 6</b> <b>Wear Orange</b></p> <ul style="list-style-type: none"> <li>Ham, Potatoes &amp; Veggies</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 7</b></p> <ul style="list-style-type: none"> <li>Chicken Strips &amp; Taters</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 8</b></p> <ul style="list-style-type: none"> <li>Garlic Pizza + Dessert</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>
<p><b>October 11</b></p> <p><i>Happy Thanksgiving</i></p> 	<p>Name: _____ Teacher: _____</p> <p><b>October 12</b></p> <ul style="list-style-type: none"> <li>Chicken Noodle Soup &amp; Crackers</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 13</b> <b>Wear Orange</b></p> <ul style="list-style-type: none"> <li>Cheesy burger &amp; Fruit</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 14</b></p> <ul style="list-style-type: none"> <li>Pancakes &amp; Yogurt</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 15</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza + Dessert</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>
<p>Name: _____ Teacher: _____</p> <p><b>October 18</b></p> <ul style="list-style-type: none"> <li>Veggie Plate</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 19</b></p> <ul style="list-style-type: none"> <li>Chicken Burger &amp; Veggies</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 20</b> <b>Wear Orange</b></p> <ul style="list-style-type: none"> <li>Macaroni Goulash &amp; Bread Stick</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 21</b></p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p><b>October 22</b> <b>Development/ Professional Day</b></p> <p><b>No classes for Students</b></p>
<p>Name: _____ Teacher: _____</p> <p><b>October 25</b></p> <ul style="list-style-type: none"> <li>Breakfast Sandwich &amp; Yogurt</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 26</b></p> <ul style="list-style-type: none"> <li>Chicken Nuggets &amp; Fries</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 27</b> <b>Wear Orange</b></p> <ul style="list-style-type: none"> <li>Grilled Cheese &amp; Tomato Soup</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 28</b></p> <ul style="list-style-type: none"> <li>Hamburger &amp; Fruit</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>	<p>Name: _____ Teacher: _____</p> <p><b>October 29</b></p> <ul style="list-style-type: none"> <li>Garlic Pizza + Dessert</li> </ul> <ul style="list-style-type: none"> <li>✓ MILK</li> <li>✓ CHOC MILK</li> <li>✓ JUICE CUP</li> </ul> <ul style="list-style-type: none"> <li>OTHER _____</li> </ul> <p><b>TOTAL \$</b> _____</p>