



THE SEED





June 2017

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FT = FIELD TRIP – **DO NOT ORDER**

** NEW menu item

* Dessert not included as part of the Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>June 21st last day - Cafeteria Food Service June 22nd and 23rd <i>Please send a lunch and any utensils required</i> Hot water & microwaves will be available.</p>			<p>Day 4 1</p> <p>(V) Mac 'n' Cheese & Garden Salad FT. Gr 2 Turmeau/Morrison</p>	<p>Day 5 2</p> <p>Beef Sloppy Joe & Fresh Veggies *Homemade Granola Bar</p>
<p>Day 6 5</p> <p>(GF) Sweet & Sour Beef Meatballs, Rice & Mixed Veggies FT. Gr 1 Solanki/Ambroisine FT. Gr 3 Boucher/Bouaziz</p>	<p>Day 1 6</p>  <p>Chicken Noodle Soup, crackers & Fresh Veggies *Ginger Molasses Cookie FT. Gr 1 Dallaire/Bourque</p>	<p>Day 2 7</p> <p>(V) Penne with Marinara Sauce & Focaccia Bread Stick</p>	<p>Day 3 8</p> <p>Chicken Caesar Wrap & Fresh Fruit *Monster Cookie FT. Gr 3 Coates/Johnson FT. Gr 4 All Classes FT. Gr 6 Patrollers</p>	<p>Day 4 9</p> <p>(V) PIZZA DAY LUNCH  (GF) FT. Gr 1 All Classes FT. Gr 4 All Classes</p>
<p>Day 5 12</p> <p>(GF) Pineapple Ginger Chicken, Rice & Mixed Veggies *Variety Pudding</p>	<p>Day 6 13</p> <p>(V) Grilled Cheese Sandwich & Fresh Fruit</p>	<p>Day 1 14</p> <p>Beef Quesadilla & Fresh Veggies *Homemade Coconut Cookie FT. Gr 4 All Classes</p>	<p>Day 2 15</p> <p>Pancakes, Turkey Sausage & Fresh Fruit</p>	<p>Day 3 16</p> <p>Chicken Nuggets & Fresh Veggies *Homemade Rice Krispie Treat</p>
<p>Day 4 19</p> <p>(GF) Chili Cheese Nachos *Vanilla Ice Cream</p>	<p>Day 5 20</p> <p>(GF) Simple Simon Sheppard's Pie & Fresh Fruit FT. GR 2 Banning/Pollard</p>	<p>Day 6 21</p> <p>YEAR END BBQ <i>Free to all Full-Day Staff and Students</i> <i>Order this on Separate Webform</i></p> 	<p>Day 1 22</p> <p>No Cafeteria Food Service</p>	<p>Day 2 23</p> <p>No Cafeteria Food Service <i>Last Day of School</i> <i>Preschool – Grade 6 Full School Day</i></p>



Have a Safe and Happy

