



Proud to be serving lunch at

ST. MICHAEL CATHOLIC ACADEMY

Service days: **Tuesday and Wednesday**

YOUR SCHOOL MENU INCLUDES FUNDRAISING FOR YOUR SCHOOL

Entrees

	From
Beef burger	\$5.50
Buttery pasta	\$5.50
Chicken burger (H)	\$5.50
Chicken fingers with rice pilaf (GF)(H)	\$6.25
Greek Chicken with steamed rice (GF)(H)	\$6.50
Greek Tofu with steamed rice	\$6.50
Grilled cheese sandwich on whole wheat bread	\$5.75
Grilled cheese & turkey sandwich	\$6.25
Macaroni & cheese	\$6.25
Meatballs with mashed potatoes & brown gravy (H)	\$6.50
Pasta with meat sauce (GF)	\$6.25
Pasta with tomato sauce (GF)	\$5.75
Veggie meatballs with mashed potato & brown gravy	\$6.50
Veggie burger	\$6.00
Veggie fingers with rice pilaf	\$6.50

Complete Meals

Chicken caesar wrap with fruit (H)	\$6.75
California rolls (9 pcs) with edamame	\$7.75
Veg. California rolls (9 pcs) with edamame	\$7.50
Chicken fried rice with fruit	\$6.75
Tofu fried rice with fruit	\$6.75
Bento Box	\$6.50
(hummus, mini pita, veggie sticks & cheese cube)	
Pancakes (2pcs) with turkey sausage (2pcs), syrup and apple sauce	\$6.50

Condiments

Butter	\$0.25
Cheese slice	\$0.50
Extra Syrup	\$0.25.
Mayonnaise	\$0.50
Parmesan cheese	\$0.50
Pickles	\$0.25
Plum sauce	\$0.25
Ketchup, Relish	Comp.

Side Items

	From
Baked potato with sour cream	\$1.75
Chicken fingers (2 pcs) (GF) (H)	\$3.75
Corn niblets	\$1.50
Cucumber slices	\$1.50
Edamame (cold, shelled)	\$2.00
Garden salad with Italian dressing	\$2.75
Garlic bread	\$1.50
Pancakes with syrup (2pcs)	\$3.75
Perogies (4 pcs) with sour cream	\$3.75
Steamed rice	\$2.00
Veggies & dip	\$2.25

Snacks & Desserts

Banana blueberry loaf (GF) (SFTE)	\$1.75
Banana chocolate chip muffin (SFTE)	\$1.75
Chocolate chip cookie (SFTE)	\$1.50
Diced Fruit	\$2.00
Fruit of the Day	\$1.50
Fudgy Brownie (SFTE)	\$1.50
Popcorn	\$1.75
Super food granola bar	\$1.50
Yogurt cup	\$1.50

Drinks

Chocolate soy milk	\$1.75
Various fruit juices (100% juice)	\$1.50
Watermelon apple juice (100% juice)	\$1.50
Yogurt Smoothie – Strawberry (Hans Dairy)	\$2.50

(GF) Gluten-friendly also available. See prices online.

(H) Halal also available. See prices online.

(SFTE) Sweets from the Earth Premium Baked Good

Visit our website at www.kidskitchen.ca for more menu options!

Monthly Specials are featured every month. Celebrate annual events with popular **Themed Lunches**.

Ordering is easy! Online orders must be entered by 10am the previous business day.

Call: 905.944.0210

Email: information@kidskitchen.ca

Leave the lunches to us!