

BCIT December 2016

Choice of Milk Served With Every Meal.

(Options Include Skim, 1%, and Nonfat Chocolate)

Seasonal Fresh Fruit Served Daily

Vegetarian meals available.

DELI SPECIAL

Week 1 – Turkey & Cheese Hoagie
 Week 2 – Buffalo Chicken Wrap
 Week 3 – Tuna Salad Hoagie
 Week 4 – Chicken Caesar Wrap
 Week 5 – NO SCHOOL

SALAD SPECIAL

Week 1 – Buffalo Chicken
 Week 2 – Chicken Caesar
 Week 3 – Taco Salad
 Week 4 – Pasta with Cheese
 Week 5 – NO SCHOOL

WEEKLY SPECIAL

Week 1 – Cheeseburger
 Week 2 – Philly Cheesesteak
 Week 3 – Hot Dogs
 Week 4 – Spicy Chicken Patty
 Week 5 – NO SCHOOL

Lunch Price \$3.25 :: Prepaid Options Available

MENU SUBJECT TO CHANGE

	ALL MEALS INCLUDE CHOICE OF ENTRÉE, VEGETABLE, FRUIT, AND MILK		1. Cheesesteak Hoagie w/ Tator Tots BBQ Baked Beans Fresh Fruit & Fruit Cup	2. Nachos Supreme Black Beans Peas Spinach Salad Fresh Fruit & Fruit Cup
5. Baked Ziti w/ breadstick String beans Romaine Salad Fresh Fruit & Fruit Cup	6. Chili Cheese Poutine w/ corn muffin Sweet Corn Romaine Salad Bar Fresh Fruit & Fruit Cup	7. ½ Day NO LUNCH	8. "Taco"sagna Sweet Corn Romaine Salad Bar Fresh Fruit & Fruit Cup	9. Chicken Patty Sandwich Sweet Potato Bites Glazed carrots Romaine Salad Bar Fresh Fruit & Fruit Cup
12. Southwestern Mac w/Breadstick String beans Spinach Salad Fresh Fruit & Fruit Cup	13. General Tso's Chicken w/Brown Rice Steamed Broccoli Spinach Salad Fresh Fruit & Fruit Cup	14. Chicken Fajita Bowl Black Beans Sweet Corn Spinach Salad Fresh Fruit & Fruit Cup	15. Chicken & Waffles Hash Brown Mixed veggies Spinach Salad Fresh Fruit & Fruit Cup	16. Bacon Cheeseburger Roasted Carrots Potato wedges Spinach Salad Fresh Fruit & Fruit Cup
19. Cheese Quesadilla Steamed Broccoli Garden Salad Fresh Fruit & Fruit Cup	20. French Toast Sticks w/ Cinnamon Sweet Potatoes Romaine Salad Fresh Fruit & Fruit Cup	21. Pizza Burger Sweet Peas Romaine Salad Fresh Fruit & Fruit	22. Assorted Pizza Slice Red Pepper Strips Spinach Salad Fresh Fruit & Fruit Cup	23. ½ Day NO LUNCH
26. NO SCHOOL	27. NO SCHOOL	28. NO SCHOOL	29. NO SCHOOL	30. NO SCHOOL