

Hot Lunch Description

Food is portioned using the Canada Food Guidelines

Bean and Cheese Burrito – refried beans, mozza and jack cheese in a tortilla

Beef and Bean Burritos – seasoned beef, refried beans and cheese in a tortilla

Beef Chili Cheese Nachos – Seasoned beef, nachos, cheddar-jack cheese, jalapenos, black olives, tomatoes, green peppers and green onion. Served with salsa. Sour cream available in cooler.

Butter Chicken – Butter chicken, basmati rice, ¼ piece of naan bread

Caesar Salad – romaine lettuce, croutons, mozza cheese and dressing on the side

Cheese Quesadillas - Blend of cheeses, onion, garlic and peppers

Chicken and Cheese Wrap – Warm 12 inch whole wheat tortilla wrap with chicken, mozzarella cheese, onions, garlic and bbq sauce

Chicken Caesar Salad – 2 large wave chicken fingers served with Caesar salad

Chicken Chow Mein Noodle Bowl – 8 oz. bowl of chicken, chow mein noodles, carrot, napa cabbage, bok choy, and green onions in a special sauce. Served with a fortune cookie.

Chicken Fried Rice – 8 oz. bowl of chicken, fried rice, onion, red pepper, celery, peas and green onion, with soya sauce. Served with a fortune cookie.

Chicken Nuggets – 5 baked breaded chicken nuggets. Sweet and sour and bbq sauce available.

Chicken Burgers – Lightly breaded baked chicken burger on a whole wheat bun. Lettuce, mayo, ketchup and mustard, available in cooler

Chicken Corn Dog – baked 3.75 oz. corn dog

Chicken Penne Alfredo – 8 oz. bowl of chicken, penne, and peas in an alfredo sauce

Chicken Quesadillas – whole grain wrap with chicken, mozza cheese, onion, garlic and bbq sauce. Sour cream and salsa available in cooler

Chicken Souvlaki – chicken skewer, Greek Rice Pilaf, tzatziki sauce and ¼ pita

Chicken Teriyaki Stir Fry – Chicken, snow peas, broccoli, red pepper in homemade sauce, served with rice noodles

Chili – 8 oz. bowl of chili with ground beef, kidney beans, tomatoes, peppers, onion and celery. Served with a white bun and butter

Fries – Oven baked seasoned fries

Garden Salad – romaine lettuce, cucumber, tomato, carrots with ranch dressing on the side

Garden Vegetable Burger – vegetarian option on a whole wheat bun

Garlic Breadstick – Warm baked breadstick with butter and garlic topping

Grilled Cheese – Served on whole wheat bread

Hamburgers – 4 oz. beef burger on a whole wheat bun. Condiments available in cooler

Hash Browns – Baked rectangular hash brown

Homemade Mac and Cheese – Served in a 8 oz. bowl

Honey Garlic Pork with Rice – Pork, carrots, celery, baby corn, and peppers in a honey garlic sauce, served with rice. Soya sauce available in cooler

Jumbo All Beef Hot Dogs – jumbo hot dog in large bun (not guaranteed nut free). Condiments available in cooler

Jumbo Pretzels – 6 inch lightly salted pretzel

McMiddle Muffins – Pork sausage round, cheese slice on an english muffin with or without a fresh cracked egg

Mashed Potatoes – 8 oz. portion of fresh mashed potatoes

Meatball Sub – Beef meatballs in pasta sauce with mozzarella cheese. Served in a 6 inch whole wheat bun

Nachos (plain) – Large serving of warm nachos with either salsa or cheese sauce

Onion Rings – Baked, breaded onion rings

Pancakes – 3 pancakes served with syrup

Pepperoni Pizza Sub – 6 inch sub made with whole wheat buns, pepperoni, salami, pizza sauce, and mozzarella cheese

Pasta with Meat Sauce – Pasta with a sauce made from ground beef, onions, garlic, carrot and celery in a pasta sauce

Perogies – 7 mini potato & cheddar perogies, sour cream available, or 4 mini potato & cheddar perogies with 2 pork sausages, sour cream available

Pizza – One piece is ¼ of a 12 inch pizza

Potato Wedges – Made from fresh potatoes, olive oil and seasoning

Pretzel Bun – Fresh baked 2 oz. bun served with butte

Shanghai Noodle Bowl – Served in a 12 oz. bowl, contains shanghai noodles, carrots, celery, baby corn and special sauce

Quinoa Veggie Wrap – quinoa, spinach, hummus, tomato and carrots in a whole wheat wrap

Skillet Lasagne – Bow tie pasta in a pasta sauce with mozza and ricotta cheese

Soft Shell Taco – Ground beef mixture served in a soft taco. Lettuce, onions, cheese, sour cream, available in cooler

Tater Tots – Oven baked tater tots

Turkey gravy – Served in 3.5 oz. container

Veggie Burger – Served on a whole wheat bun