

N.S. MIDDLE & HIGH SCHOOL PRICE LIST 2017/2018

➤ Healthy Choice	\$5.95
② Featured Combos	\$5.75
Promotional Combos	\$5/\$4/\$3
③ From the Kettle...	
Homemade Soups	\$3.25
Cream Soups	\$3.50
④	
⑤ Fast Fuel...	
Hamburger (3oz)	\$3.95
*Cheeseburger(3oz)	\$4.25
Crispy Chicken Burger	\$4.75
Homemade Potato Wedges	\$3.75
Hot Pizza Slice (8 cut/6 cut))	\$3.50/\$3.75
+Add Cheese (1oz Shredded Mozza)	\$1.50
+Add Chili (4oz)	\$2.00
⑥ Fresh Sandwiches....	
(Multigrain ,Whole Wheat, Wraps)	
*B.L.T. wrap	\$4.60
Ham	\$4.10
Chicken Salad	\$4.25
Tuna Salad	\$3.60
Grilled Cheese	\$3.25
Meat Wrap	\$4.60
Veggie and Hummus Wrap NEW!	\$4.25
Grilled Chicken Caesar Wrap	\$5.00
Pre-made Sub 6"	\$4.95
Grilled Chicken GREEK Wrap NEW!	\$5.00
Gourmet Sandwich and wrap	\$5.25
Extra Dressings or Jam	\$0.35 each
⑦ Fresh Salads...	
Garden,Caesar,Greek (+1 dressing)	\$4.25
Chickpea Party Salad	\$4.25
Cold Salad Plate	\$5.95
Large Pasta Salad	\$4.25
Add Chicken to any salad NEW!	\$2.25

Cold Beverages...	
Milk 2% (250ml)or chocolate	\$0.40/\$1.90
Bottled Water (500ml)	\$1.75
Bottled Juice (300ml)	\$1.75
Juice Box (200ml, Pure 100% Juice)	\$1.50
Daily Value Picks...	
Bagged Veggies & Dip	\$2.55
Bagged Apple Slices with Cheese	\$2.75
Toasted Bagel with Cream Cheese	\$2.80
Rice Bowl	\$2.25
Mashed Potatoes	\$2.50
Fresh Fruit Cup (5oz/9oz)	\$2.75
* Pudding Parfait (5oz/9oz)	\$2.75
Three Homemade Cookies	\$2.00
<< Add a Homemade Soup to Meals ① to ⑦	\$2.75
Early Bird Breakfasts...	
Breakfast Burger	\$3.75
Toast & (1) Jam	\$1.60
Bagel & Butter	\$2.00
Grilled Egg Sandwich	\$3.00
Grilled Egg on a Bagel	\$3.60
Ham & Cheese on a Bagel	\$3.80
½ Ham, Eggs, Toast, Milk	\$5.95
Extra Cream Cheese	\$0.85
Health on the RUN...	
Bagged Apple Slices	\$1.75
Bagged Veggies w/ cheese & crackers	\$3.25
Homemade Cookie	\$0.75
*Homemade Rice Krispie Square	\$1.40
Homemade Apple Crisp (5oz)	\$1.80
Fruit Muffin	\$1.25
Mini Rice Cakes	\$1.80
*Baked Chips	\$1.80
Fruit & Yogurt Parfait (9oz)	\$3.25
*Cheesecakes Parfait (9oz)	\$3.25
Low-Fat Yogurt (125ml)	\$1.50
Frozen Ice Push Ups	\$2.25
Market Whole Fresh Fruit	\$1.70
	\$1.25



NAME: _____

CLASS: _____

HEALTHY CHOICE MENU HIGH SCHOOL 2017/2018

CHADWICK FOODS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 →				
<input type="checkbox"/> HEALTHY CHOICE: Meatballs, Mashed Potatoes, Veggies,	<input type="checkbox"/> HEALTHY CHOICE: ☉ ⁺ Chicken Potato Bowl	<input type="checkbox"/> HEALTHY CHOICE: Spaghetti w/ Meat Sauce Caesar Salad	<input type="checkbox"/> HEALTHY CHOICE: Chicken Strips, Potato Wedges, Veggies	<input type="checkbox"/> HEALTHY CHOICE: ☉ ⁺ Soft Beef Taco, Mexican Rice,
Week 2 →				
<input type="checkbox"/> HEALTHY CHOICE: Creamy Chicken Pasta Side Salad	<input type="checkbox"/> HEALTHY CHOICE: Homemade Shepherd's Pie, Veggies	<input type="checkbox"/> HEALTHY CHOICE: ☉ ⁺ Macaroni & Cheese Caesar Salad	<input type="checkbox"/> HEALTHY CHOICE: ☉ ⁺ Chicken Burger, Potato Wedges, Veggies & Dip	<input type="checkbox"/> HEALTHY CHOICE: ☉ Soft Chicken Tacos Caesar Salad
Week 3 →				
<input type="checkbox"/> HEALTHY CHOICE: ☉ ⁺ Chicken Potato Bowl	<input type="checkbox"/> HEALTHY CHOICE: Lasagna Caesar Salad	<input type="checkbox"/> HEALTHY CHOICE: Roast Chicken Breast Mashed Potatoes, Veg.	<input type="checkbox"/> HEALTHY CHOICE: S&S Meat Balls, Rice and Veggies	<input type="checkbox"/> HEALTHY CHOICE: ☉ ⁺ Soft Beef Tacos, Mexican Rice,
Week 4 →				
<input type="checkbox"/> HEALTHY CHOICE: ☉ ⁺ Chicken Burger Potato Wedges Veggies & Dip	<input type="checkbox"/> HEALTHY CHOICE: Homemade Goulash Side Salad	<input type="checkbox"/> HEALTHY CHOICE: ☉ ⁺ Bacon Cheese Burger Pasta Salad	<input type="checkbox"/> HEALTHY CHOICE: ☉ Homemade Meatloaf Mashed Potato, Veg	<input type="checkbox"/> HEALTHY CHOICE: ☉ Soft Chicken Tacos Caesar Salad
Every Monday Homemade Soup: Chicken Veggie Noodle	Every Tuesday Homemade Soup: Alphabet Soup	Every Wednesday Homemade Soup: Corn Chowder	Every Thursday Homemade Soup: Chicken Rice	Every Friday Homemade Soup: Chef's Choice

- List Combos**
- 1/ Chicken Bacon Ranch Wrap and Baked Chips
 - 2/ 6" Ham and Cheese Sub and Veggies & Dip
 - 3/ Homemade Texas Chili and Nacho Chips
 - 4/ Veggie Wrap w/ Hummus and Veggies & Dip
 - 5/ Grilled Cheese Sandwich w/ Soup

Chadwick Food Service Management Inc. | www.chadwickfoods.com