

# WCCS - Menu

## FEBRUARY 2018



Meals are served with fruit and/or vegetables every day.

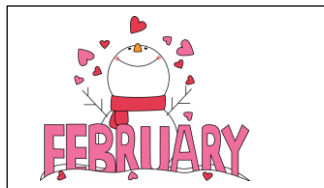
Please check our Facebook page or the website for updates and / or changes to the calendar. Thank you.

<b>ALTERNATE MEAL \$3.00+ milk = \$3.40</b>	WCCS CAFETERIA FOLLOWS THE HEALTHY EATING IN SCHOOL GUIDELINES, IE: LOW FAT CHEESE, WHOLE WHEAT CRUSTS FOR PIZZA, and LOW SODIUM PRODUCTS.				
<b>GARLIC PIZZA</b>	29 Breakfast Sandwich & Fruit	30 Roast Pork Dinner	31 Cheeseburger & Fries	1 Potato Hash	2 Cheezy Chicken Bowl
		<b>J-V B-BALL SCA @ WCCS</b>	<b>Ergonomics Presentation Gr. 9</b>		
<b>PEPPERONI PIZZA</b>	5 Pancakes, Bacon & Yogurt	6 Ham, Potato & Vegetables	7 Chicken Strips & Wedges	8 Mac & Cheese with Breadstick	9 Loaded Nachos
<b>SUNDAY 4 – Sticks &amp; Family Skate at Debert Arena 4:30-6PM</b>	WCC @ EA Truro 4:30		Hants North @ WCCS		<b>SATURDAY 10 – Family Skate @ Debert 4-5 PM</b>
<b>CHEESE PIZZA</b>	12 Breakfast Sandwich & Yogurt	13 Sweet & Sour Meat Balls & Rice	14 Pizza Burger & Chips	15 Soft Tacos	16 Cheezy Fries
		<b>NC @ WCCS</b>	<b>Happy Valentine's Day</b>	<b>Home &amp; School &amp; SAC meet 3-4 PM</b>	<b>PRIMARY REGISTRATION please call 902-647-3500 for an appointment</b>
<b>GARLIC PIZZA</b>	<b>HERITAGE DAY MONA LOUISE PARSON</b>	20 Roast Pork, Potato & Vegetables	21 Hamburger & Fries	22 Spaghetti & Sauce with Garlic Bread	23 Chicken, Bacon Ranch Wrap
	<b>NO SCHOOL</b>				<b>Karen MacFarlane Visit from Library Stamp Making</b>
<b>PEPPERONI PIZZA</b>	26 Fruit & Yogurt Parfait with Bagel	27 Meatloaf Meal	28 Cheese & Bacon Burger & chips	March 1 Chicken Broccoli Alfredo & Garlic Bread	March 2 Cheezy Chicken & Mashed Potato Bowl

Meal prices for 2015-2016	Elementary	Junior High	Snack Items
<i>Meals are served with fruit and /or veggies every day.</i>			
Meal only	\$3.75	\$4.50	Popcorn Small .50¢ Large .75¢
Meal with 250 ml milk	\$4.00	\$4.75	Welch's Fruit snacks \$1.00
Meal with white milk + dessert	\$4.50	\$5.25	Frozen Fruit sorbet \$1.00
<b>Available Daily:</b>			Cookie 50¢
6" Hoagie sub	\$4.50		Gold Fish 50¢
Egg, Tuna, Grilled Cheese sandwich	\$3.00		Arrowroot 35¢
Chicken, Turkey, Ham sandwich	\$3.00		Fresh Fruit 4 oz. serving 50¢
Hamburger – 2 oz. Cheese burger \$3.25	\$2.75		Chocolate milk 250 ml \$1.35
Large Caesar salad	\$3.50		Chocolate milk 500 ml \$2.00
Small Caesar salad	\$2.75		<b>White/skim milk 250 ml 40¢</b>
Chicken Caesar salad	\$4.50		Bottled water 500 ml \$1.00
Fries Small \$2.00 Large \$3.00			Breadstick \$1.00
Chicken Wrap Small \$2.50 Large \$3.50			Cheese strings/ sticks 75¢
			Sun Chips \$1.00



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# FEBRUARY 2018 NEWSLETTER

## AFRICAN HISTORY MONTH

The 2018 African Heritage Month theme "Educate, Unite, Celebrate Community" will honour and pay homage to African Nova Scotians' and their long legacy of uniting a passion that has provided a base to educate and celebrate an important part of Nova Scotia's culture and Heritage. The theme embraces education and encourages all Nova Scotians with the desire to educate oneself about African Nova Scotian history. Together, we can unite and ignite the culture and heritage we share as a community as we observe the United Nations International Decade for People of African Descent from 2015-2024. This observation focuses on three pillars: Recognition, Justice, and Development.

The province of Nova Scotia has over 50 historic African Nova Scotian communities, dating back over 400 years. These communities have a unique and rich legacy of resistance, resilience and triumph that needs to be shared with all of Nova Scotia. It is for this reason we must Educate, Unite and Celebrate African Heritage Month.



**A REMINDER** to parents (and students) that with the winter upon us, dressing warm is essential to your child's wellbeing. Approximately 1:30 minute are spent outside and it's crucial your child have mitt/gloves and hats. Also Physical Education Classes may be held outside, please consider putting an extra set of indoor clothing in your child's backpack.

## UPCOMING EVENTS:

- February 4 – Sticks and Family Skate at Debert Arena 4:30-6:00 PM (free)
- February 10 – Free Family Skate 4:00 -5:00 PM at Debert Arena
- February 15 – SAC with H&S 3:00 – 4:00 PM



## PRIMARY REGISTRATION

WCCS Friday, February 16, 2018.

Please contact the school office 902-647-3500 for an appointment to register your child.

February 23 – Karen MacFarlane – Truro Library – Stamp Making

BASKETBALL Quarter Finals - February 20-23 TBA PLEASE NOTE: J-V Basketball schedule is on the menu.



WCCS has been spending the **INDIGO GRANT** money at Coles Book Store. Mrs. Weir, on left, is shown with the very long register receipt. Our students have a lot of reading material to choose from, in the library and in the classroom, thanks to INDIGO!