


WCCS

Menu & Events

MARCH 2020



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.		
ALTERNATE MEAL \$3.00+ milk = \$3.40	WCCS CAFETERIA FOLLOWS THE HEALTHY EATING IN SCHOOL GUIDELINES, IE: LOW FAT CHEESE, WHOLE WHEAT CRUSTS FOR PIZZA, and LOW SODIUM PRODUCTS.			There will be no charging in the cafeteria. Students who have forgotten lunch or lunch money must speak with the office.	
CHEESE PIZZA	MARCH 2 Breakfast Sandwich & Hash Browns	MARCH 3 Cheese Burger Casserole	MARCH 4 Chicken Strips & Fries	MARCH 5 Taco & Nacho Chips	MARCH 6 Chili
PEPPERONI PIZZA	MARCH 9 Pancakes & Bacon	MARCH 10 Lasagna & Garlic Bread	MARCH 11 Chicken Alfredo	MARCH 12 Pork Dinner	MARCH 13 Goulash & Roll
	16 MARCH BREAK	17 MARCH BREAK 	18 MARCH BREAK	19 MARCH BREAK	20 MARCH BREAK
GARLIC FINGERS	23 Chicken Burger with Fries	24 Shepherds Pie	25 Bacon Macaroni & Cheese Sauce	26 Chicken Vegetable Casserole	27 NO SCHOOL FOR STUDENTS
MEAT PIZZA	30 Scrambled Eggs & Bacon	31 Chicken Dinner	April 1 Submarine Sandwich with Potato Chips	April 2 Spaghetti & MEatballs	April 3 Chicken Quesadilla with Fried Veggie Rice
CHEESE PIZZA	April 6 French Toast & Bacon	April 7 Penne Pasta & Meat Sauce	April 8 Chicken Stir Fry over Rice	April 9 Ham Dinner	April 10

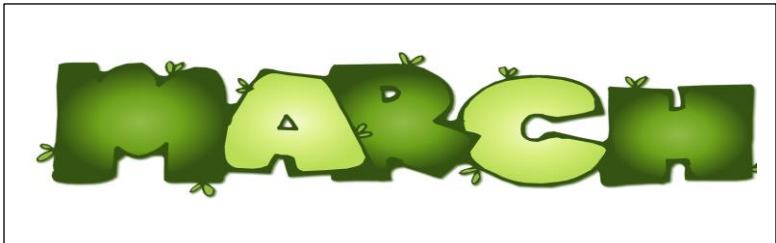
PLEASE NOTE: PRICES ARE SUBJECT TO CHANGE

Meal prices for 2019-2020	Elementary	Junior High	Snack Items	
<i>Meals are served with fruit and /or veggies every day.</i>				
Meal only	\$3.85	\$4.50	Popcorn	75¢
Meal with 250 ml milk white	\$4.25	\$4.75	Welch's Fruit snacks	75¢
Meal with white milk + dessert	\$4.75	\$5.25	Frozen Yogurt	\$1.00
Meal with Chocolate Milk (250ml)	\$5.00	\$5.75	Cookie	50¢
Available Daily:			Rice Krispie Square	75¢
75		\$3.50	Brownie	\$1.00
Egg, Tuna, Grilled Cheese sandwich	\$3.00		Fresh Fruit 4 oz. serving	50¢
Chicken, Turkey, Ham sandwich	\$3.00		Chocolate milk 250 ml	\$1.35
Hamburger – 2 oz. Cheese burger \$3.25	\$2.75		White milk 437 ml	80¢
Caesar Salad ONE SIZE		\$3.50	White/skim milk 250 ml	40¢
Chef Salad		\$4.50	Bottled water 500 ml	\$1.00
Chicken Caesar salad		\$4.50	Breadstick	\$1.00
Chicken Wrap ONE SIZE		\$4.00	Muffin / Cupcakes	\$0.75
Fries	\$2.50	\$3.50	All Chips	\$1.25
Cheezy Fries	\$3.85	\$4.50	Gold Fish	75¢



WEST COLCHESTER CONSOLIDATED SCHOOL

27 Maple Avenue
Bass River, Nova Scotia B0M 1B0
Principal: Kelly Hume
Telephone/Fax: 647-3500/3505



Please LIKE us on Facebook – as we add reminders and new items. 😊

Dress for the Weather



Many Physical Education Classes are held outside, please consider putting an extra set of indoor clothing and socks in your child’s backpack.

A reminder that busses arrive at 8:30 AM and as students enter, they should order their lunch and have some breakfast, if they wish.

First bell for class is at 8:40AM and Guided Reading for Grades P-6, begins in each classroom at 8:55AM.

Please send a reuseable water bottle with your child. The Province has mandated that all water systems in schools, be tested for lead (information sheets were sent home), so all schools are on a water cooler system for the foreseeable future. No cups are being provided.

UPCOMING EVENTS:

March 7 – Volleyball Tournament for Night Hawk Division

March 8 – DAYLIGHT SAVINGS BEGINS – Spring ahead 😊 Change your clocks.

March 14 – Volleyball Tournament supporting the bursary for WCCS/CEC students

MARCH BREAK – 16-20 inclusive

March 27 – NO SCHOOL for students



PLEASE WATCH OUR FACEBOOK PAGE FOR FREE SKATING AT WEST COLCHESTER ARENA, DEBERT. These are free skate times for families. NO SUPERVISION WILL BE PROVIDED BY WCCS. These skating times for families, are replacing the skating day cancelled by the storm.