







Recess	Description	Photo
Fresh fruit cup & dip	Fresh fruit sliced and served with a school made citrusy dip.	
Yogurt parfait (yogurt, fruit, granola)	Vanilla yogurt topped with fruit and school made granola made with oats, honey, coconut and cinnamon.	
Nacho chips & Salsa	Crispy nacho chips with a side of salsa.	
Banana Berry Smoothie	Bananas, berries, juice and yogurt blended until smooth. Full of healthy antioxidants!	
Oatmeal cranberry cookies	School made cookies with dried cranberries, oats and wheat germ.	
Veggie sticks & ranch or hummus dip	A mix of vegetable sticks such as cucumber, carrots, celery, turnip and beans with school made ranch or hummus dip	
Cinnamon bun	Amanda's freshly baked, golden cinnamon buns.	

Energy bites	Bites of energy! Made with WOW butter, honey, coconut, cranberries and more.	
Creamsicle Popsicle	School made popsicle. Yummy!	

**Newcombsville Elementary Canteen**

We strive to serve fresh, tasty, wholesome food made from scratch to our students.

Lunch	Description	Photo
Grilled Cheese & Blueberry Crisp	We use natural cheddar cheese slices. Blueberry crisp made and baked in our canteen.	
Pasta & sauce or meat sauce	Greek's extra lean ground beef is used in the meat sauce served over spiral pasta.	
Fish nuggets & vegetable fried rice	Breaded fish nuggets made in Lunenburg with sustainably caught fish – served with Basmati rice mixed with vegetables.	
Creamy chicken casserole	Chicken breasts from Greek's Meats baked and mixed into a creamy sauce with pasta and vegetables.	

<p>Beef or bean taco &amp; salad</p>	<p>Ground beef or black beans seasoned with taco seasoning, topped with cheddar cheese wrapped in a whole wheat tortilla. Served with garden salad.</p>	
<p>Chicken or hummus wrap &amp; salad</p>	<p>Chicken breasts baked in the canteen then mixed with lettuce, cheese and dressing and wrapped in a whole wheat tortilla. Served with a fresh salad.</p>	
<p>Roasted pork tenderloin, mashed potatoes &amp; veg</p>	<p>Pork tenderloin from Greek's Meats marinated and roasted. Served with creamy mashed potatoes and roasted carrot fries made from fresh carrots.</p>	
<p>Cold plate (ham &amp; cheese sandwich, etc.)</p>	<p>Deli Ham &amp; Natural Cheese Sandwich served with nibblies such as fresh blueberries, pretzel sticks, gerkin and veggie sticks.</p>	
<p>Beef or black bean Burger, potato wedges</p>	<p>Burger patties made in the canteen with freshly ground beef. Black bean burger also made in the canteen. Served with freshly cut oven baked potatoes.</p>	
<p>Mac &amp; Cheese, Peas</p>	<p>Old fashioned mac &amp; cheese. Made with milk, butter and cheese topped with crisp bread crumbs. Served with peas.</p>	