

# WCCS - Menu

## OCTOBER 2017





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.

<b>GARLIC FINGERS</b>	2 Sub Sandwich & Chips	3 Roast Pork Dinner	4 Chicken Nuggets & Fries	5 Spaghetti, Meatballs & Garlic Bread	6 Tacos & Mexican Rice
					
<b>CHEESE PIZZA</b>		10 Ham Dinner	11 Hamburger & Fries	12 Grilled Cheese & Chicken Soup	13 Works Pizza with Veggies & Dip
	<b>NO SCHOOL</b>		<b>Indigo / Coles</b>	<b>Fluoride Rinse</b>	
<b>PEPPERONI PIZZA</b>	16 Breakfast Sausage	17 Lasagna & Garlic Bread	18 Cheezy Fries with Veggies & Dip	19 Ham & Cheese Bun with Veggies & Dip	20 Sub Bun with Veggies & Dip
	<b>Fire Prevention P-6</b>				
<b>GARLIC FINGERS</b>	23 Pancakes Sausage	24 Chicken Pot Pie	25 Cheezy Sloppy Joe & Fries	26 Chicken Caesar Wrap Veggies & Dip	<b>27 PROVINCIAL INSERVICE DAY</b>
		<i>School Advisory Council &amp; Home &amp; School 3:00 – 4:00 PM</i>		<i>Head Strong Mental Health Summit (Select students Gr. 9) -Assembly 2:30-3 Student Recognition</i>	<b>NO SCHOOL</b>
<b>CHEESE PIZZA</b>	30 Grilled Cheese Wedges	31 Sweet & Sour Meatballs & Rice	<u>November 1</u> Chicken Nuggets & Fries	<u>November 2</u> Chef Salad & Breadstick	<u>November 3</u> Taco Dip Nachos Chips
		<b>HALLOWEEN</b> Afternoon activities	<b>Take Your Kids to Work Day</b>		

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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## OCTOBER 2017 NEWSLETTER

### Principals Message:

"I'm so glad I live in a world where there are Octobers."  
— [L.M. Montgomery, Anne of Green Gables](#)

It was a great start up at West Colchester. I would like to thank students and staff for their continued efforts in making WCCS a safe and supportive school. Building positive relationships with one another and creating a learning environment that is equitable enhances student achievement and success.

I'd like to thank parents for facilitating our school breakfast program and if anyone wishes to help out please contact the school for information. This program offers students the nutrition they need in the morning to start their day and it's a program that offers a supplement to the meal they've had at home.

I'd like to thank the students, staff and volunteers for helping make "Peace is a Dream Unfolding", a play written by Dr. Ewing a wonderful success. The students showed great respect for each other and the learning environment. Thanks to everyone involved!!

**Take Our Kids to Work Day** has been scheduled for **Wednesday, November 1<sup>st</sup>**. This initiative will give schools the opportunity to create a very meaningful career development experience for grade nine students as well as for their parents and teachers. It also helps to build strong community relationships through the employer hosts. Information will be send home in the near future and it is an expectation that all students participate.

October is Mi'kmaw History Month! This month is designated to promote awareness about the Mi'kmaw culture and heritage. WCCS is proud to recognize October 1<sup>st</sup> as Treaty Day. Please help us celebrate together as we learn and grow from the original inhabitants of the Atlantic Provinces.

Thank you,  
Welalin

Mr. Oakley

### BREAKFAST PROGRAM

The Home & School are facilitating part of the Breakfast Program, Monday, Tuesday and Thursday. Anyone wishing to help out, please contact the school.

## UPCOMING EVENTS:

October 1 – TREATY DAY



October 4 – Picture Day



October 9 – **NO SCHOOL**

October 11 – Indigo Grant – Coles Book Store – Select Students

October 12 – Fluoride Rinse P-6

October 16 – Fire Prevention P-6

October 24 – School Advisory & Home & School meet at 3:00 – 4:00 PM

October 26 – Head Strong Mental Health Summit (selected Gr. 9)

- Assembly 2:30-3:00 student Recognition

October 27 – PROVINCIAL INSERVICE – NO SCHOOL



October 31 - Afternoon Activities

November 1 – Take Your Kids to Work Day