D.M.H.S Menu 2018-2019



	WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Jan 7-11 Jan 21-25 Feb 4-8 Feb 18-22 March 4-8 March 25-29 April 8-12	Chicken Drum stick Bowl. (Mashed potato, drum stick and corn with gravy in a bowl) \$5.50	2 soft Beef Tacos Mexican Rice and Corn \$5.50	Lasagna Served with Caesar Salad and Garlic Bread \$5.50	Chicken Fajita Served with Mexican Rice \$5.50	Chicken Teriyaki served with Rice and Stir Fried Vegetables \$5.50
April May May June	April 22-26 May 6-10 May 20-24 June 3-7 June 17-21					
March School	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Jan 14-18 Jan 28-Feb 1 Feb 11-15 Feb 25-March 1 March 11-15 April 1-5	Chicken tatter Bowl Mashed Potato , chicken and corn with gravy in a bowl \$5.50	Chicken Quesadilla Served with Rice and Veggies \$5.50	Goulash served with Caesar salad \$5.50	Pulled Pork on a bun with Salad \$5.50	Sweet and Sour Meatballs Served with Rice and vegetables \$5.50
ALC: NO.	April 15-19 April 29-May 3 May 13-17 May 27-31 June 10-14	1///		201		7

Introducing Zipthru card payment method. Visit www.zipthru-card.ca to buy your card now. Fast and convenient method to pay for your meals. No carrying cash to school