

NSER CAFETERIA MENU 2026-2027

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Popcorn Chicken, Fries, Veggie Stick & Milk -----or----- Cauliflower Bites, Wedges Carrot Sticks, Goldfish Milk	Chicken Ranch Wrap, Nachos & Salsa, Cucumber Slices & Milk -----or----- Veggie Wrap, Sweet Potato Fries, Sun Chips, Milk	Rice, Spring Roll, Honey Garlic Popcorn Chicken, Veggie Sticks & Milk -----or----- Rice, Spring Roll, Vegetarian Stir Fry, Carrot Stick & Milk	Wings, Potatoes (mashed), Carrots, Whole Wheat Roll & Milk -----or----- Mac & Cheese, Veggies & Dip, Granola Bar, & Milk	Ham or Turkey Sub Sun Chips, Crackers & Milk
Week 2	Beef Taco, Side Salad, Veggie Stick & Milk -----or----- Quesada Salsa & Cheese, Wedges, Veggie Sticks & Milk	Chicken Tenders, Potatoes (mashed), Corn, Whole Wheat Roll & Milk -----or----- Grilled Cheese, Tomato Soup, Breton Crackers, Cucumber Slices & Milk	Meat Spaghetti, Garlic Bread, Side Salad, Gold Fish & Milk -----or----- Spaghetti (no meat), Garlic Bread, Side Salad, Nutri Grain Bar & Milk	Beef or Chicken Nachos, Side Garden Salad, Veggie Sticks & Milk -----or----- Pancakes, Egg Bites, Hash Browns, Yogurt Tube & Milk	Ham or Turkey Sub Sun Chips, Crackers & Milk



DATE	WEEK	DATE	WEEK	DATE	WEEK	DATE	WEEK
Sept 7-11	Week 1	Nov 16-20	Week 1	Feb 8-Feb 12	Week 1	Apr 19 - Apr 23	Week 1
Sept 14-18	Week 2	Nov 23-27	Week 2	Feb 15-Feb 19	Week 2	Apr 26-Apr 30	Week 2
Sept 21-25	Week 1	Nov 30-Dec 4	Week 1	Feb 22-Feb 26	Week 1	May 3-May 7	Week 1
Sept 28-Oct 2	Week 2	Dec 7-11	Week 2	Mar 1-Mar 5	March Break	May 10-May 14	Week 2
Oct 5-9	Week 1	Dec 14-18	Week 1	Mar 8-Mar 12	Week 1	May 17-May 21	Week 1
Oct 12-16	Week 2	Jan 4-Jan 8	Week 2	Mar 15-Mar 19	Week 2	May 24-May 28	Week 2
Oct 19-23	Week 1	Jan 11-Jan 15	Week 1	Mar 22-Mar 26	Week 1	May 31-June 4	Week 1
Oct 26-30	Week 2	Jan 18-Jan 22	Week 2	Mar 29-Apr 2	Week 2	June 7-June 11	Week 2
Nov 2-6	Week 1	Jan 25-Jan 29	Week 1	Apr 5-Apr 9	Week 1	June 14-June 18	Week 1
Nov 9-13	Week 2	Feb 1-Feb 5	Week 2	Apr 12-Apr 16	Week 2	June 21-June 25	Week 2

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Grab n' Go Items (selection varies daily unless pre-ordered)

Garden Salad	\$4.00	Poutine	\$4.50	Mozza Sticks	\$4.00	Taco Wrap	\$4.00
Chef Salad	\$5.00	Soups	\$4.00	Potato Wedges	\$4.00	Hard Shell Taco	\$4.00
Chicken Caesar Salad	\$5.50	Chicken Wrap	\$4.00	Chicken Tenders/Nuggets	\$4.00	Chicken/Beef Nachos	\$4.00
Turkey/Ham Sandwich	\$4.00	Hamburger	\$4.00	Fries	\$4.00	Egg & Cheese	\$4.00
Egg/Egg Salad Sandwich	\$4.00	Cheeseburger	\$4.50	Curly Fries	\$4.00	Egg, Cheese Bacon or Sausage	\$4.50
Tuna/Tuna Salad Sandwich	\$4.00	Bacon Cheeseburger	\$5.00	Sweet Potato Fries	\$4.00	Farmers Wrap on English Muffin/Wrap/Bagel	\$4.50
Grilled Cheese	\$4.00	Chicken Burger	\$5.50	Garlic Fingers	\$4.00	Hashbrowns	\$4.00
Grilled Cheese with Bacon	\$4.50	Popcorn Chicken	\$4.00	Garlic Finger with Bacon	\$4.50	Sausage Links	\$4.00
Quesadilla	\$4.00	Flatbread BBQ Chicken	\$5.00	Flatbread Bandera	\$5.00	Flatbread Pizza	\$4.00
Cheese Pizza	\$4.00	Veggie Pizza	\$4.00	Meat Pizza	\$4.50		
Yogurt Cups Fruit/Granola	\$2.00	Jello Pudding	\$1.00	Milk	\$1.00		
Fruit Gummies	\$0.50	Cupcakes	\$1.00	Water	\$1.50		
Popcorn	\$1.00	Rice Krispie Square	\$1.00	Juice	\$2.00		
Frogs	\$1.00	Cookie	\$1.00	Fruit Cup	\$1.00		
Brownie	\$1.00	Rice Krispie Square	\$1.00	Veggies & Dip	\$1.50		
Cinnamon Rolls	\$1.00	Chips	\$1.50	Cheese String	\$1.00		
Crackers	\$1.00	Yogurt Tubes	\$1.00	Nacho Chips & Salsa	\$1.50		

Email Money Transfer: NSER_emt@outlook.ca

NSF
Food Services Inc.