

# Alwin Holland Canteen Menu

Sept 12th - 16th, 2022

## Monday

Spaghetti & Meat Sauce - \$3.00  
Smoothie - \$2.00  
Veggies & Dip - \$2.00  
Garlic Toast - \$0.50

## Tuesday

Taco Salad - \$3.00  
Cold Plate - \$3.00  
Veggies & Dip - \$2.00  
Rice Krispies Square - \$1.00

## Wednesday

Chicken Quesadilla - \$3.00  
Cold Plate - \$3.00  
Yogurt Parfait - \$2.00  
Rice Krispies Square - \$1.00

## Thursday

Tomato Pasta & Cheese - \$3.00  
Smoothie - \$2.00  
Yogurt Parfait - \$2.00  
Cookies - \$1.00

## Friday

Pizza Melt - \$2.00  
Cheese Melt - \$2.00  
Tuna Melt - \$2.00  
Fruit Cup - \$2.00  
Cookies - \$1.00



## Drinks - \$1.00

Chocolate Milk  
2% Milk  
Juice Box  
Water

