



BISTRO MENU AND PRICE LIST 2024-2025

Dear Students and Parents,

The mission of Nutrition and Food Services is to promote health-enhancing attitudes and behaviours among our students by ensuring access to varied and nutritious foods needed to stay healthy and focused in school.

To encourage healthy eating, our bistros promote the consumption of nutrient dense foods by:

- Decreasing the availability of high sugar content foods
- Decreasing the availability of high fat content foods
- Preventing the accessibility to soft drinks, deep fried foods, chocolates and candies on school grounds
- Increasing the availability of high fiber content foods
- Offering students balanced meals and snacks providing essential nutrients
- Providing informative materials on nutrition topics

Our menus are carefully developed by the school board dietitians with your children's nutrient needs and safety in mind. The bistros are supervised regularly by food technicians to ensure the safe and nutritious service of all meals.

Please find below the bistro price list as well as a copy of the menu for the beginning of 2024-2025 academic year.

BISTRO PRICE LIST 2024-2025

Meal Items

All items
sold à la
carte

Soup (and crackers)	\$1.50
Meal (with vegetable and starch)	\$4.25
Hefty Portion	\$6.00
Meal Card (10 meal deals* - \$57.50)	\$5.75
Grilled Panini, Take out Salad, Pizza in a Box, Calzone	\$5.75
Potato or Rice	\$1.00
Vegetable	\$0.75
Salad (vegetable), Crudités cup, Fresh Fruit Cup	\$1.00
Salad (rice, bean, pasta, couscous)	\$1.50
Sandwich, regular	\$3.00
Sandwich, gourmet/Ham and Cheese Croissant	\$4.25
Breakfast Sandwich	\$3.75
Bread Roll and Butter	\$1.00

Snacks

Bagel	\$1.50
Bagel (hot and buttered)	\$2.00
Bagel (hot) and Cheese	\$2.25
Cheese Portion	\$1.00
Cream Cheese	\$0.75
Cereal	\$1.50
Oatmeal Galette	\$1.50
Muffin	\$1.25
Fruit Bread	\$1.50
Hot Snack/Croissant and Cheese	\$3.00
Pizza Bagel	\$2.25
Parfait	\$1.75
Yogurt	\$1.00
Yogurt Beverage	\$2.00
Breadsticks, Crackers, Melba	\$0.25
Margarine, Syrup, Dressing, Sauce	\$0.25
Disposable Utensils/Dishes	\$0.25

Desserts

Fresh Fruit	\$0.75
Fruit Plate / Crudités plate	\$2.00
Fruit Cocktail, Fruit Jelly, Milk Pudding	\$1.25
Cookie	\$1.00
Ice Cream and Sorbet	\$2.00
Homemade Desserts	\$1.75

Drinks

Milk	\$0.50
Chocolate Milk (200ml)	\$1.50
Chocolate /Strawberry Milk (473ml)	\$2.50
Juice (200ml)	\$1.25
Juice (300ml)	\$2.00
Spring Water (500ml)	\$1.00



MEAL CARD

10 meal deals
for \$57.50

Includes

Entrée, Vegetable, starch
Soup or Dessert of the day*,
Milk or Water (500 ml)

*pudding, fruit jelly, fruit cocktail, fresh fruit, yogurt, 1 small oatmeal cookies or a muffin