High School

CAFETERIA MENU

2026-2027

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entrée	Cheese Manicotti (V)	Chicken Souvlaki Pita	Ocean Bites with Tartar Sauce	BBQ Chicken Leg	Beef & Bean Burrito
Short Order	BBQ Rib Burger	Italian Meatball Roll	Chicken Chipotle Wrap	Chickpea Butter Curry (V)	Three Cheese Pizza (V)

Sept. 14
Oct. 12
Nov 9
Dec. 7
Jan. 18
Feb. 15
March 22
April 19
May 17

Week 2

Lunch Entrée	Italian Wedding Pasta	Chicken Dumpling	Chef's Special	Shepherd's Pie	Zesty Chicken
Short Order	Croque-Monsieur Sandwich	Philly Steak Sub	Vegetarian Chili Bowl (V)	Santa Fe Burger (V)	Three Cheese Pizza (V)

Sept.21
Oct. 19
Nov. 16
Dec. 14
Jan. 25
Feb. 22
March 29
April 26
May 24

Week 3

Lunch Entrée	Tortellini in Rosé Sauce (V)	Citrus Herb Cod Filet	Cabbage Roll au Gratin	General Tao Chicken	Tomato Meatball Pasta
Short Order	Chicken Fajita	Hamburger	BBQ Chicken Sub	Vegetarian Quesadilla (V)	Three Cheese Pizza (V)

Sept. 28
Oct. 26
Nov. 23
Jan. 4
Feb. 1
March 8
April 5
May 31

Week 4

Lunch Entrée	Macaroni & Cheese (V)	Korean Sesame Beef	Chicken Meatballs	Lasagna	Vegetarian Frittata (V)
Short Order	Pulled Pork Sandwich	Multigrain Chicken Burger	Power Bowl (V)	Grilled Chicken Caesar Sub	Three Cheese Pizza (V)

Oct. 5
Nov. 2
Nov. 30
Jan. 11
Feb. 8
March 15
April 12
June 7

(V) = vegetarian option

Please note

Although all due care is taken in the preparation of our meals, they may contain (traces of) allergens (peanuts, nuts, seeds, soy, milk, eggs, wheat, etc.)

High School

CAFETERIA PRICES

2026-2027

About the menu

Every year, the cafeteria menu is carefully curated by the dietitians of Nutrition and Food Services to make sure that it meets nutritional requirements of our food policy, all while promoting access to varied and nutritious foods needed to stay healthy and focused in school.

Our cafeterias are regularly supervised by dietitians to ensure that all meals are served safely and meet nutritional standards.

Please find below the price list as well as a copy of the menu for the beginning of 2026-2027 academic year.

PRICE LIST 2026-2027

Meal Items

Soup (and crackers)	$1.75
Meal (with vegetable and starch)	$4.00
Hefty Portion	$6.30
Meal Card (10 meal deals* - $50)	$5.00
Grilled Panini, Take out Salad, Pizza in a Box, Calzone	$6.50
Potato or Rice	$1.25
Vegetable	$0.75
Salad (vegetable), Crudités cup, Fresh Fruit Cup	$1.00
Salad (rice, bean, pasta, couscous)	$1.75
Sandwich, regular	$3.25
Sandwich, gourmet/Ham and Cheese Croissant	$4.50
Breakfast Sandwich	$4.25

Snacks

Bagel	$1.50
Bagel with butter	$2.25
Bagel with cheese	$2.50
Cheese Portion	$1.00
Cereal	$1.50
Oatmeal Galette	$2.00
Muffin	$1.50
Fruit Bread	$1.50
Hot Snack/Croissant and Cheese	$3.50
Pizza Bagel	$2.75
Parfait	$2.00
Yogurt	$1.00
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	$1.50
Cookie	$1.00
Ice Cream	$2.00
Sorbet	$3.00
Homemade Desserts	$2.00

Drinks

Milk	$0.50
Chocolate Milk (200ml)	$1.75
Chocolate / Strawberry Milk (473ml)	$2.75
Juice (200ml)	$1.25
Soy Milk - Chocolate / Vanilla (200ml)	$1.75

Meal Card Deal

10 meal deals for 50$

*includes:

+ **entrée** + **vegetable**
starch + **soup or dessert**