



High School

CAFETERIA MENU

2026-2027

|                                  | Monday                                | Tuesday                   | Wednesday                          | Thursday                           | Friday                           |                                                                                                   |
|----------------------------------|---------------------------------------|---------------------------|------------------------------------|------------------------------------|----------------------------------|---------------------------------------------------------------------------------------------------|
| Week 1                           |                                       |                           |                                    |                                    |                                  |                                                                                                   |
| Lunch Entrée                     | Cheese Manicotti <sup>V</sup>         | Chicken Souvlaki Pita     | Ocean Bites with Tartar Sauce      | BBQ Chicken Leg                    | Beef & Bean Burrito              | Sept. 14<br>Oct. 12<br>Nov. 9<br>Dec. 7<br>Jan. 18<br>Feb. 15<br>March 22<br>April 19<br>May 17   |
| Short Order                      | BBQ Rib Burger                        | Italian Meatball Roll     | Chicken Chipotle Wrap              | Chickpea Butter Curry <sup>V</sup> | Three Cheese Pizza <sup>V</sup>  |                                                                                                   |
| Week 2                           |                                       |                           |                                    |                                    |                                  |                                                                                                   |
| Lunch Entrée                     | Italian Wedding Pasta                 | Chicken Dumpling          | Chef's Special                     | Shepherd's Pie                     | Zesty Chicken                    | Sept. 21<br>Oct. 19<br>Nov. 16<br>Dec. 14<br>Jan. 25<br>Feb. 22<br>March 29<br>April 26<br>May 24 |
| Short Order                      | Croque-Monsieur Sandwich              | Philly Steak Sub          | Vegetarian Chili Bowl <sup>V</sup> | Santa Fe Burger <sup>V</sup>       | Three Cheese Pizza <sup>V</sup>  |                                                                                                   |
| Week 3                           |                                       |                           |                                    |                                    |                                  |                                                                                                   |
| Lunch Entrée                     | Tortellini in Rosé Sauce <sup>V</sup> | Citrus Herb Cod Filet     | Cabbage Roll au Gratin             | General Tao Chicken                | Tomato Meatball Pasta            | Sept. 28<br>Oct. 26<br>Nov. 23<br>Jan. 4<br>Feb. 1<br>March 8<br>April 5<br>May 31                |
| Short Order                      | BBQ Rib Burger                        | Hamburger                 | BBQ Chicken Sub                    | Vegetarian Quesadilla <sup>V</sup> | Three Cheese Pizza <sup>V</sup>  |                                                                                                   |
| Week 4                           |                                       |                           |                                    |                                    |                                  |                                                                                                   |
| Lunch Entrée                     | Macaroni & Cheese <sup>V</sup>        | Korean Sesame Beef        | Chicken Meatballs                  | Lasagna                            | Vegetarian Frittata <sup>V</sup> | Oct. 5<br>Nov. 2<br>Nov. 30<br>Jan. 11<br>Feb. 8<br>March 15<br>April 12<br>June 7                |
| Short Order                      | Pulled Pork Sandwich                  | Multigrain Chicken Burger | Power Bowl <sup>V</sup>            | Grilled Chicken Caesar Sub         | Three Cheese Pizza <sup>V</sup>  |                                                                                                   |
| <sup>V</sup> = 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)                     | \$1.50 |
| 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                           | \$1.75 |
| 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                                 | \$1.95 |
| 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 (purchase instructions below)

10 meals  
for 50\$

includes:

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



# Prepaid MEAL CARD



Make lunchtime easier this school year with the **EMSB Prepaid Meal Card**! Accepted at all EMSB high school bistros, the **Meal Card** offers students a quick, cash-free way to purchase fresh, nutritious meals. It's a simple, convenient solution that helps students spend less time waiting and more time enjoying their lunch.

**5\$ per meal deal**

only  
**50\$**  
per meal card  

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valid for  
**10** meals

*\*Meal Deals only available with the purchase of a meal card.*

meal deal  
includes

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

## HOW TO PURCHASE YOUR MEAL CARD

### 1 Visit the **Le Mini Bistro Website**

Click on the “Buy Now” button and follow instructions.



### 2 **Pickup at school**

Once purchased, your prepaid meal card(s) will be delivered to your child's school for pick up at the main office within 5 school days.