



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**





CSEAM Nutrition et services alimentaires
E.M.S.B. Nutrition and Food Services

High School Bistro Menu Sept 2 to December 18, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 31	Sept 1	Sept 2	Sept 3	Sept 4
Lunch Entree	No Service	No Service	Chicken Souvlaki Platter Seasoned Rice with Carrots	Power Bowl Tex Mex Pico da Gallo Chipotle mayo	Dumpling (Chicken) Edamame & Cabbage Salad
Short Order			Sant Fe Veggie Burger Salad	BBQ Chicken Sub Ceasar Salad	Three Cheese Pizza Mixed Salad
	Septmeber 7	Septmeber 8	Septmeber 9	Septmeber 10	Septmeber 11
Lunch Entree	HOLIDAY	Mancaroni and Cheese Broccoli	Citrus Herb Cod Filet Seasoned Rice with Carrots Peas and Carrots	Chicken à La Parmigianna Seasoned Egg Noodles	Korean Seame Beef Seasoned Rice Carrots
Short Order		Chicken Fajitas Carrot Slaw	Hamburger Lettuce and Tomato	Philly Steak Sub Coleslaw	Three Cheese Pizza Western Chipotle Pizza Mixed Salad
	September 14	September 15	September 16	September 17	September 18
Lunch Entree	Tomato & Cheese Macaroni Mixed Vegetables	Chicken à la King Egg Noodles Pick of the Day Vegetables	Chicken Souvlaki Platter with Tzatziki and Pilaf Rice Peas and Carrots	BBQ Chicken Leg Potato Wedges Carrots	Taco Bowl (Beef) Corn
Short Order	Dumpling (Chicken) Edamame & Cabbage Salad	Cheeseburger Carrot Slaw	Beef and Cheese Panini Fresh Cut Vegetables	Chickpea Butter Curry Basmati Rice	Three Cheese Pizza Western Chipotle Chicken Pizza Mixed Green Salad
	September 21	September 22	September 23	September 24	September 25
Lunch Entree	Macaroni and Cheese Mixed Vegetables	Chickpea au Gratin Seasoned Rice	Chicken Fried Rice Sunrise Vegetables	Shepherd's Pie Peas and Carrots	Tomato Meatball Pasta Cocktail Vegetables
Short Order	Chicken Fajita With Salsa Mixed Vegetables	Multigrain Chicken Burger Carrot Slaw	Vegetarian Quesadilla Sunrise Vegetables	Santa Fe Burger (Veggie) Salad	Three Cheese Pizza Mixed Salad
	September 28	September 29	September 30	October 1	October 2
Lunch Entree	Parmesan Chicken Meatball Pasta (Chicken Meatballs) Crinkled Carrots	Chicken Pad Thai Vegetable of the Day	Butter Chicken Basmati Rice Peas	Pasta alla Bolognese Garden Vegetables	BBQ Rib Burger Fresh Cut Vegetables
Short Order	Pulled Pork Sandwich Coleslaw	Philly Steak Sub Mixed Green Salad	Salisbury Steak Gravy and Mashed Potatoes Peas	Chicken Chipotle Wrap Garden Vegetables	Three Cheese Pizza Greek Pizza Gourmet Salad
	October 5	October 6	October 7	October 8	October 9
Lunch Entree	Cheese Tortellini in Rosée Sauce Mixed Vegetables	Korean Sesame Beef Basmati Rice	Tex Mex Turkey Rice Cocktail Vegetables	Lasagna (Beef) Sunrise Vegetables	Chicken à la Parmigiana Seasoned Egg Noodles Pick of the Day Vegetables
Short Order	Chicken Souvlaki Pita Salad	BBQ Grilled Chicken Sub Coleslaw	Chef's Special	Chicken Caesar Wrap Sunrise Vegetables	Three Cheese Pizza Mexican Pizza Gourmet Salad

	October 12	October 13	October 14	October 15	October 16
Lunch Entree	Thanksgiving Monday	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Peas and Carrots	Alfredo Ziti Al Forno (Chicken) Garden Style Vegetables	BBQ Chicken Leg Potato Wedges Sunrise Vegetables	PED Day
Short Order		Italian Meatball Roll Crudites & Dip	Cheese Burger Carrot Slaw	Chickpea Butter Curry Basmati Rice	
	October 19	October 20	October 21	October 22	October 23
Lunch Entree	Tomato Meatball Pasta Cocktail vegetables	Vegetarian Chili Rice Corn	Shepherd's Pie Peas and Carrots	Chicken Fried Rice Sunrise Vegetables	Beef and Cheese Panini (Beef) Lettuce and Tomato
Short Order	Vegetarian Quiche Cocktail vegetables	Multigrain Chicken Burger Coleslaw	Chicken Fajita With Salsa Peas and Carrots	Santa Fe Burger (Veggie) Mixed Green Salad	Three Cheese Pizza Gourmet Salad
	October 26	October 27	October 28	October 29	October 31 - Halloween
Lunch Entree	Chicken Cacciatore Seasoned Rice Pick of the Day Vegetables	Macaroni and Cheese Mixed Vegetables	General Tao Chicken Basmati Rice Vegetable of the Day	Butter Chicken Basmati Rice Cocktail Vegetables	Pasta alla Bolognese Garden/Prince Edward Vegetables
Short Order	BBQ Rib Burger Salad	Pulled Pork Sandwich Coleslaw	Philly Steak Sub Carrots	Vegetarian Quesadilla Cocktail Vegetables	Three Cheese Pizza Greek Pizza Gourmet Salad
	November 2	November 3	November 4	November 5	November 6
Lunch Entree	Cheese Tortellini in Rosée Sauce Peas and Carrots	Citrus Herb Cod Seasoned Egg Noodles Garden/Prince Edward Vegetables	Zesty Chicken Platter Seasoned Rice with Carrots Pick of the Day Vegetables	Lasagna (Beef) Crinkled Carrots	Korean Sesame Beef B-108 Basmati Rice D-1 Cocktail Vegetables
Short Order	BBQ Grilled Chicken Sub Carrot Slaw	Egg & Cheese Breakfast Sandwich Garden/Prince Edward Vegetables	Chef's Special	Chicken Caesar Wrap Crinkled Carrots	Three Cheese Pizza Mexican Pizza Gourmet Salad
	November 9	November 10	November 11	November 12	November 13
Lunch Entree	Tomato & Cheese Macaroni Mixed Vegetables	Chicken à la King Egg Noodles Pick of the Day Vegetables	Chicken Souvlaki Platter with Tzatziki and Pilaf Rice Peas and Carrots	Chicken Leg Potato Wedges Carrots	Taco Bowl (Beef) Corn
Short Order	Dumpling (Chicken) Edamame & Cabbage Salad	Cheeseburger Carrot Slaw	Beef and Cheese Panini Fresh Cut Vegetables	Chickpea Butter Curry Basmati Rice	Three Cheese Pizza Western Chipotle Chicken Pizza Mixed Green Salad

	Novmeber 16	Novmeber 17	Novmeber 18	Novmeber 19	Novmeber 20
Lunch Entree	Macaroni and Cheese Mixed Vegetables	Chickpea au Gratin Seasoned Rice	Chicken Fried Rice Sunrise Vegetables	Shepherd's Pie Peas and Carrots	Tomato Meatball Pasta Cocktail Vegetables
Short Order	Chicken Fajita With Salsa Mixed Vegetables	Multigrain Chicken Burger Carrot Slaw	Vegetarian Quesadilla Sunrise Vegetables	Santa Fe Burger (Veggie) Salad	Three Cheese Pizza Mixed Salad
	November 23	November 24	November 25	November 26	November 27
Lunch Entree	Parmesan Chicken Meatball Pasta (Chicken Meatballs) Crinkled Carrots	Chicken Pad Thai Vegetable of the Day	Butter Chicken Basmati Rice Peas	Pasta alla Bolognese Garden Vegetables	BBQ Rib Burger Fresh Cut Vegetables
Short Order	Pulled Pork Sandwich Coleslaw	Philly Steak Sub Mixed Green Salad	Salisbury Steak Gravy and Mashed Potatoes Peas	Chicken Chipotle Wrap Garden Vegetables	Three Cheese Pizza Greek Pizza Gourmet Salad
	November 30	December 1	December 2	December 3	December 4
Lunch Entree	Cheese Tortellini in Rosée Sauce Cocktail Vegetables	Korean Sesame Beef Basmati Rice Carrots	Tex Mex Turkey Rice Pick of the Day Vegetables	Lasagna (Beef) Sunrise Vegetables	Chicken à la Parmigiana Seasoned Egg Noodles Garden Vegetables
Short Order	Chicken Souvlaki Pita Salad	BBQ Grilled Chicken Sub Coleslaw	Chef's Special	Chicken Caesar Wrap Sunrise Vegetables	Three Cheese Pizza Mexican Pizza Gourmet Salad
	December 7	December 8	December 9	December 10 - Holiday Lunch	December 11
Lunch Entree	Honey Garlic Chicken Meatballs Egg Noodles Garden Style Vegetables	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Peas and Carrots	Alfredo Ziti Al Forno (Chicken) Sunrise Vegetables	Turkey Roast B-158 Gravy F-1 Mashed Potatoes G-2 Stuffing H-1, Peas & Carrots G-1 Cranberry Sauce	Soft Beef Taco Mixed Vegetables
Short Order	Cheese Pizza Roll-up Garden Style Vegetables	Italian Meatball Roll Fresh Vegetables	Cheese Burger Carrot Slaw	Vegetarian Quesadilla Salad	Three Cheese Pizza Western Chipotle Chicken Pizza Gourmet Salad
	December 14	December 15	December 16	December 17	December 18
Lunch Entree	Tomato Meatball Pasta Cocktail vegetables	Vegetarian Chili Rice Corn	Shepherd's Pie Peas and Carrots	Chicken Fried Rice Sunrise Vegetables	Beef and Cheese Panini (Beef) Lettuce and Tomato
Short Order	Vegetarian Quiche Carrots	Multigrain Chicken Burger Coleslaw	Chicken Fajita With Salsa Peas and Carrots	Santa Fe Burger (Veggie) Mixed Green Salad	Three Cheese Pizza Gourmet Salad