



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

Rest assured that our menus are carefully developed by the school board dietitians with your children's nutrient needs 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 2019-2020 academic year on the reverse side.

## BISTRO PRICE LIST 2019-2020

### Meal Items

Entrée (served with vegetables)	3.25
Half-a-Portion	2.00
Hefty Portion	4.30
Mashed Potato / Rice	1.00
Potato, baked	1.00
Vegetable	0.75
Bread Roll & Butter	1.00
Breakfast Sandwich/Ham & Cheese Croissant	3.00
Grilled Panini, Calzone, Baked Pizza in a Box	4.25
Take-out-Box, Salad Bowl Power Bowl	4.30

### Soup - Salad - Sandwich

Soup & Crackers	1.00
Salad (vegetable)/Crudités and Dip	1.00
Salad (macaroni, rice, bean, couscous)	1.25
Crudités Plate and Dip	1.50
Sandwiches: Regular Sandwich	2.25
Gourmet Sandwich	3.00
Bagel	1.00
Bagel (hot) & Cheese	1.75
Bagel and Butter	1.25
Croissant & Cheese	2.00

### Beverages

Milk: (200 ml)	0.55
Chocolate (200 ml)	1.00
Chocolate/Strawberry (473ml)	2.00
Juice: Box (200 ml)	1.00
Bottle (300 ml)	1.50
Spring Water Bottle (330 ml)	0.90
(500 ml)	1.25

### Snacks

Fresh Fruit	0.75
Fruit Cup	1.00
Fruit Plate	1.50
Fruit Bread	1.25
Hot Snack	2.00
Muffin	1.00
Pizza Bagel	1.75
Scone	1.25

### À la carte - extras

Bread Sticks / Crackers / Melba Toast	0.15	Fruit Cocktail	1.00
Butter / Margarine	0.15	Homemade Desserts	1.50
Cereal	1.00	Ice Cream / Sorbet	1.35
Cheese Portion	0.90	Milk Pudding / Fruit Jelly	1.00
Cookie: Small	0.60	Yogurt	1.00
Large - Oatmeal Galette	1.25	Yogurt Parfait	1.50
Cream Cheese	0.50	Yogurt Smoothie (Iögo)	1.50



### Meal Deal: \$4.50

Includes: Entrée, Vegetable, starch  
Soup or Dessert of the day\*,  
Milk, Juice or Water (330ml)



### MEAL CARD

10 MEALS FOR \$42.50  
Meal cards can be ordered on-line.  
Visit [www.leminibistro.emsb.qc.ca](http://www.leminibistro.emsb.qc.ca)  
(See brochure for more information)

\*pudding, fruit jelly, fruit cocktail, fresh fruit, yogurt, 2 small oatmeal cookies or muffin

WISHING ALL STUDENTS A

NUTRITIONALLY SUCCESSFUL SCHOOL YEAR!