



ORGANISATION SCOLAIRE / SCHOOL ORGANIZATION

NUTRITION ET SERVICES ALIMENTAIRES

NUTRITION AND FOOD SERVICES



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

Fall Lunch Menu

With the current public health environment, this year's cafeteria offerings will be continuously evolving. The fall menu consist of items that are fast to grab and easy to carry, should students require to eat outside the cafeteria. All safety measures have been put in place to minimize any risk to our students-clients and staff and help keep our school communities safe. 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 adapted Fall menu for the beginning of 2020-2021 academic year.

NEW for 2020-21
All items sold à la carte

BISTRO PRICE LIST 2020-2021

<i>Meal Items</i>		<i>Beverages</i>	
Entrée (served with vegetables)	3.50	Milk: (200 ml)	0.55
Half-a-Portion	2.15	Chocolate (200 ml)	1.25
Hefty Portion	4.50	Chocolate/Strawberry (473ml)	2.25
Mashed Potato / Rice	1.00	Juice: Box (200 ml)	1.25
Potato, baked	1.00	Bottle (300 ml)	1.50
Vegetable	0.75	Spring Water Bottle (330 ml)	0.90
Bread Roll & Butter	1.00	(500 ml)	1.25
Breakfast Sandwich/Ham & Cheese Croissant	3.00		
Grilled Panini, Calzone, Baked Pizza in a Box	4.40		
Salad Bowl Power Bowl	4.50		
<i>Soup - Salad - Sandwich</i>		<i>Snacks</i>	
Soup & Crackers	1.00	Fresh Fruit	0.75
Salad (vegetable)/Crudités and Dip	1.00	Fruit Cup	1.00
Salad (macaroni, rice, bean, couscous)	1.25	Fruit Plate	1.50
Crudités Plate and Dip	1.50	Fruit Bread	1.25
Sandwiches: Regular Sandwich	2.25	Hot Snack	2.25
Gourmet Sandwich	3.00	Muffin	1.00
Bagel	1.00	Pizza Bagel	1.75
Bagel (hot) & Cheese	1.75	Scone	1.25
Bagel and Butter	1.25		
Croissant & Cheese	2.25		
<i>À la carte - extras</i>			
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: <i>Small</i>	0.65	Yogurt	1.00
<i>Large</i> - Oatmeal Galette	1.25	Yogurt Parfait	1.50
Cream Cheese	0.50	Yogurt Smoothie (Iögo)	1.50

MEAL CARD

10 MEAL DEALS FOR \$45.00

Meal Deal Includes:

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



Meal cards can be ordered on-line.
Visit www.leminibistro.emsb.qc.ca



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