

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

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 menu for the beginning of 2022-2023 academic year.

All items sold à la carte

BISTRO PRICE LIST 2022-2023

Meal Items

Entrée (served with vegetables)	3.85
Hefty Portion	5.25
Mashed Potato / Rice	1.00
Potato Wedges, baked	1.00
Vegetable	0.75
Bread Roll & Butter	1.00
Breakfast Sandwich/Ham & Cheese Croissant	3.25
Grilled Panini, Calzone, Baked Pizza in a Box	4.85
Salad Bowl Power Bowl	5.25

Soup - Salad - Sandwich

Soup & Crackers	1.25
Salad (vegetable)/Crudités and Dip	0.75
Grain Salad (macaroni, rice, bean, couscous)	1.25
Crudités Plate and Dip	1.75
Sandwiches: Regular Sandwich	2.50
Gourmet Sandwich	3.50
Bagel	1.25
Warmed Bagel & Cheese	2.00
Bagel and Butter	1.75
Croissant & Cheese	2.50

Beverages

Milk: (200 ml)	0.50
Chocolate (200 ml)	1.35
Chocolate/Strawberry (473ml)	2.35
Juice: Box (200 ml)	1.25
Bottle (300 ml)	1.75
Spring Water Bottle (500 ml)	0.75

Snacks

Fresh Fruit /Fresh Fruit Cup	0.75
Fruit Cup	1.00
Fruit Plate	1.75
Fruit Bread	1.25
Hot Snack	2.50
Muffin	1.15
Pizza Bagel	2.00

À la carte - extras

Bread Sticks / Crackers / Melba Toast	0.20	Fruit Cocktail	1.00
Butter / Margarine	0.20	Homemade Desserts	1.75
Cereal	1.50	Ice Cream / Sorbet	1.75
Cheese Portion	1.00	Milk Pudding / Fruit Jelly	1.00
Cookie: Small - chocolate chip or oatmeal raisin	0.75	Yogurt	1.00
Large - Oatmeal Galette	1.50	Yogurt Parfait	1.50
Cream Cheese	0.50		



MEAL CARD

10 meal deals for \$49.50

Meal Deal Includes:

Entrée, Vegetable, starch
Soup or Dessert of the day*,
Milk or Water (500 ml)



MEAL CARD

10 MEALS FOR \$49.50

Meal cards can be ordered on-line.

Visit leminibistro.emsb.qc.ca

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