



BISTRO MENU 2024-2025

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Sept. 9 Oct. 14 Nov. 18 Jan. 6 Feb. 10 March 24 April 28 June 2	Lunch Entrée	Alfredo Ziti al Forno	Meatballs and Gravy	Zesty Chicken	Pasta a la Bolognese	Korean Sesame Beef
	Short order	Fish & Dip	NEW Vegetarian Chili Bowl	Cheeseburger	Chicken Sub	Three Cheese Pizza
Week 2 Sept.16 Oct. 21 Nov. 25 Jan. 13 Feb.17 March 31 May 5 June 9	Lunch Entrée	Cheese Manicotti	Chicken Souvlaki Platter	Stir-fry Beef Macaroni	BBQ Chicken	Meatloaf Parmigiana
	Short order	Pulled Pork/Turkey Sandwich	Philly Steak Chipotle Wrap	Multigrain Chicken Burger	Tuna Melt	Three Cheese Pizza
Week 3 Sept. 23 Oct. 28 Dec. 2 Jan. 20 Feb.24 April.7 May 12	Lunch Entrée	Tortellini In Rosé Sauce	Chef's Special	NEW Chickpea Butter Curry	Beef Lasagna & Vegetarian Lasagna	Chicken Dumpling
	Short order	BBQ Chicken Sub	Santa Fe Veggie Burger	Beef Taco Bowl	Chicken Caesar Wrap	Three Cheese Pizza
Week 4 Sept. 30 Nov. 4 Dec. 9 Jan. 27 March 10 April 14 May 19	Lunch Entrée	Chicken Fried Rice	Tomato Meatball Pasta	Fish Roulade	Shepherd's Pie	Chicken Parmigiana Sandwich
	Short order	Veggie Frittata	Chicken Chipotle Wrap	BBQ Turkey Burger	Vegetarian Quesadilla	Three Cheese Pizza
Week 5 Oct.7 Nov. 11 Dec. 16 Feb.3 March 17 Apr. 21 May 26	Lunch Entrée	Macaroni & Cheese	NEW Citrus Herb Cod Filet	Chef's Special	Butter Chicken	Soft Taco
	Short order	Chicken Fajitas	Chicken Souvlaki Pita	Greek Burger	BBQ Rib Burger	Three Cheese Pizza

LEGEND

- Plant Power: Vegetarian Option
- Bright Future: Food for the Brain
- ProTeam: Includes 2 Protein Foods

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.)

BISTRO MENU AND PRICE LIST 2024-2025

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

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 2024-2025 academic year.

BISTRO PRICE LIST 2024-2025

Meal Items

All items
sold à la
carte

Soup (and crackers)	\$1.50
Meal (with vegetable and starch)	\$4.25
Hefty Portion	\$6.00
Meal Card (10 meal deals* - \$57.50)	\$5.75
Grilled Panini, Take out Salad, Pizza in a Box, Calzone	\$5.75
Potato or Rice	\$1.00
Vegetable	\$0.75
Salad (vegetable), Crudités cup, Fresh Fruit Cup	\$1.00
Salad (rice, bean, pasta, couscous)	\$1.50
Sandwich, regular	\$3.00
Sandwich, gourmet/Ham and Cheese Croissant	\$4.25
Breakfast Sandwich	\$3.75
Bread Roll and Butter	\$1.00

Snacks

Bagel	\$1.50
Bagel (hot and buttered)	\$2.00
Bagel (hot) and Cheese	\$2.25
Cheese Portion	\$1.00
Cream Cheese	\$0.75
Cereal	\$1.50
Oatmeal Galette	\$1.50
Muffin	\$1.25
Fruit Bread	\$1.50
Hot Snack/Croissant and Cheese	\$3.00
Pizza Bagel	\$2.25
Parfait	\$1.75
Yogurt	\$1.00
Yogurt Beverage	\$2.00
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	\$1.25
Cookie	\$1.00
Ice Cream and Sorbet	\$2.00
Homemade Desserts	\$1.75

Drinks

Milk	\$0.50
Chocolate Milk (200ml)	\$1.50
Chocolate /Strawberry Milk (473ml)	\$2.50
Juice (200ml)	\$1.25
Juice (300ml)	\$2.00
Spring Water (500ml)	\$1.00



MEAL CARD

10 meal deals
for \$57.50

Includes

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

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