

CAFETERIA MENU 2011-2012



Healthy eating is as easy as A-B-C!

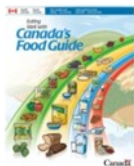
A-All foods can fit. Healthy eating is about your overall way of eating and the amount and types of food you usually eat.

B-Balance your food choices with your activity level.

Use Canada's Food Guide to help guide you to the amount of food you need. Eating well and being active will help keep you feeling good!

C-Choose and enjoy a variety of foods!

www.dietitians.ca/eatwell




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Tomato Vegetable Soup	Cream of Celery Soup	Chicken Noodle Soup	Minestrone Soup	Cream of Mushroom Soup
Aug. 29 Jan. 30	Chicken & Feta Cheese Pasta Cocktail Vegetables	African Beef Rising Sun Vegetables	Fish Filet with Salsa Oven Browned Potatoes Mexican Vegetables	Lasagna Yellow and Green Beans	Chicken Delight Mashed Potatoes Pick of the Day Vegetables
Sept. 26 Feb. 27					
Oct. 24 April 2					
Nov. 21 April 30					
Dec. 19 May 28	Mexican Submarine Salad	Turkey Tortilla Lettuce and Tomato	Chef's Special Vegetables	Mixed Deli Sandwich Mixed Green Salad	Greek Pizza Caesar Salad
WEEK 2	Cream of Tomato Soup	Chicken Gumbo Soup	Vegetable Soup	Beef and Barley Soup	Pea Soup
Sept. 5 Feb. 6	Zesty Chicken Rising Sun Vegetables	Shepherd's Pie Carrots	Tuna Casserole Mixed Vegetables	Asian Chicken Seasoned Rice Cocktail Vegetables	Pasta & Meat Sauce Garden Vegetables
Oct. 3 March 12					
Oct. 31 April 9					
Nov. 28 May 7					
Jan. 9 June 4	Quesadilla Mixed Green Salad	Turkey Tex Mex Burger Salad	Italian Sausage Submarine Gourmet Salad	Beef Burrito Lettuce and Tomato	Pizza-Ghetti Coleslaw
WEEK 3	Minestrone Soup	Cream of Mushroom Soup	Beef and Vegetable Soup	Chicken and Rice Soup	Cream of Celery Soup
Sept. 12 Feb. 13	Fish Filet Bistro Seasoned Egg Noodles Mixed Vegetables	Mexican Rice Corn	Tomato & Cheese Macaroni Mexican Vegetables	Beef Forestiere Oven Browned Potatoes Peas and Carrots	Sweet Chinese Chicken Broccoli
Oct. 10 March 19					
Nov. 7 April 16					
Dec. 5 May 14					
Jan. 16 June 11	Cheese Burger Lettuce and Tomato	Chicken Souvlaki Pita Caesar Salad	Chef's Special Vegetables	BBQ Grilled Chicken Submarine Gourmet Salad	Mexican Pizza Salad
WEEK 4	Vegetable Soup	Chicken Curry Soup	Cream of Tomato Soup	Pea Soup	Cream of Chicken Soup
Sept. 19 Feb. 20	Chick Pea "Au Gratin" Seasoned Rice Cocktail Vegetables	Cheese Manicotti Garden Vegetables	Szechuan Pork Broccoli	BBQ Chicken Potatoes, Carrots	*Ocean Bites Seasoned Egg Noodles Mexican Vegetables
Oct. 17 March 26					
Nov. 14 April 23					
Dec. 12 May 21					
Jan. 23	Chicken Fajita Mixed Green Salad	Steak & Grilled Vegetable Sub Salad	*Chicken Burger Lettuce and Tomato	Beef & Salsa Wrap Coleslaw	Chicken Caesar Pizza Gourmet Salad

Come and enjoy a variety of delicious food at your EMSB Cafeteria!

You will find nutritious foods and balanced meals that will keep you energized throughout the day. All meals are made using high quality ingredients and promote healthy eating by including foods from the 4 food groups of Canada's Food Guide.

We aim to continue to be your example for healthy meals and look forward to serving you again this school year!

 Although we do not use peanut or nut products, we cannot guarantee that our suppliers have a nut free environment.

Please take note that all our meals may contain traces of peanut or nut products.

For information on healthy eating, please visit:
www.canadasfoodguide.info

Come, try and enjoy our new **vegetarian** menu items every second Monday!

*Whole grain baked product



SERVICE AUX COMMUNAUTÉS / COMMUNITY SERVICES

CAFÉTÉRIAS ET ÉDUCATION EN NUTRITION



CAFETERIA AND NUTRITION EDUCATION

Dear Students and Parents,

The mission of the Cafeteria and Nutrition Education Division 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 cafeterias 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 (such as french fries), chocolate 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 cafeterias are supervised regularly by Food Technicians to ensure the safe and nutritious service of all meals.

Please find below the cafeteria price list as well as a copy of the menu for the 2011-2012 academic year on the reverse side.

CAFETERIA PRICE LIST 2011 – 2012

Bagel	0.70	Hot Bagel & Cheese	1.15
Bread Sticks	0.15	Hot Snack	1.75
Bread Roll & Butter	0.50	Ice Cream	1.35**
Butter / Margarine	0.10	Juice – Box (200 ml)	0.80
Cake	0.75	Juice – Bottle (300 ml)	1.20
Canned Fruit	0.75	Milk*	0.45
Cereal	0.65	Muffin	0.75
Cheese Portion	0.65	Pizza Bagel	1.15
Chocolate Milk (200 ml)	0.85	Pudding / Jell-O with Fruit	0.75
Chocolate Milk (500ml)	1.60	Potato / Rice	0.50
Cooked Vegetable*	0.55	Salad*	0.75
Cooked Vegetable – Gourmet*	1.00	Sandwiches: Regular Sandwich	1.90
Cookie – Large (<i>Galette</i>)	0.80	Super Sandwich	2.50
Cookie – Small	0.50	Scone	0.85
Crackers / Melba Toast	0.10	Soup & Crackers	0.75
Cream Cheese	0.45	Spring Water (500 ml)	1.00
Entrée (includes a vegetable)*	2.25	Yogurt	0.75
Fresh Fruit*/ Fruit Plate*	0.55 / 1.00	Yop	1.40

*Subsidized Items

** Taxes Included

Meal Deal: \$3.50

This meal deal includes:

Entrée with Vegetable
Dessert of the day
Beverage (Milk or Juice)

**Wishing all students a
nutritionally successful school year!**

