

## Cafeteria Price List 2016-2017



### MEAL:

Soup - \$1.00	Meal served with Vegetable - \$2.75
Half-a-Portion - \$1.75	Hefty Portion - \$3.95
Potato or Rice - \$0.70	Vegetable - \$0.65
Gourmet Vegetable - \$1.00	Sandwich, regular - \$2.10
Salad (macaroni, bean, couscous) - \$0.95	Sandwich, gourmet - \$2.75
Salad (vegetable) - \$0.95	Graduate Menu: - (grilled sandwich, pizza) - \$3.75
Breakfast Sandwich/ Ham & Cheese Croissant- \$2.75	Bread Roll and Butter - \$0.70

**Meal Deal:** Entrée, Vegetable, Soup or Dessert (pudding, fruit jelly, fruit cocktail, fresh fruit, yogurt, oatmeal cookie or muffin) and Beverage (Milk, Juice or Water 330 ml) - \$4.00

### DESSERTS:

Cookie - \$0.60	Fruit Plate - \$1.25
Fresh Fruit - \$0.65	Homemade Desserts - \$1.25
Fruit Cocktail - \$0.85	Ice Cream and Sorbet - \$1.35
Fruit Jelly - \$0.85	Milk Pudding - \$0.85

### SNACKS:

Bagel - \$1.00	Hot Snack - \$1.75
Bagel (hot) & Butter - \$1.25	Muffin, Cereal - \$0.95
Bagel(hot)/Croissant & Cheese - \$1.75	Oatmeal Galette - \$1.10
Breadsticks, Crackers, Melba Toasts, Butter, Margarine, Syrup, Dressing, Sauce - \$0.15	Parfait - \$1.40
Cheese Portion - \$0.85	Pizza Bagel - \$1.75
Cream Cheese - \$0.50	Scone - \$1.10
Fruit Bread - \$1.10	Yogurt - \$0.90
	Yop Beverage - \$1.40

### DRINKS:

Chocolate Milk (437ml) - \$1.75	Juice (200ml) - \$0.95
Strawberry Milk (437ml) - \$1.75	Juice (300ml) - \$1.40
Chocolate Milk (200ml) - \$1.00	Spring Water (330ml) - \$0.90
Milk - \$0.55	Spring Water (500ml) - \$1.25

Visit [www.emsb.qc.ca/nutrition-caf/](http://www.emsb.qc.ca/nutrition-caf/)  
to view the menu.



**Commission scolaire English-Montréal**  
**English Montreal School Board**



# Cafeteria Meal-Cards



School Organization /  
Cafeteria and Nutrition Education Services 2015-16

School Cafeteria Name: \_\_\_\_\_

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Commission scolaire English-Montréal  
English Montreal School Board





## Meal Cards

As of September 2016, the Cafeteria will introduce a Meal Card system for meal deal options for those students wishing to use a cashless system. This meal deal card system allows for faster meal lines and no need for cash each day as meal deals may be paid for in advance.

A meal-deal includes:

- An entrée, vegetable, soup or desert of the day, choice of milk, juice or water (330 ml)

Each card will offer **10 meal deals at \$4.00 each and the 11<sup>th</sup> meal deal is FREE. A Meal Card is valid for 11 meal deals at a cost of \$40.00.**

### How to acquire Meal Cards?

Complete and submit a “Meal-Card Order Form” indicating the number of cards requested along with your full payment and return to your **School Cafeteria**.

If you wish to order another meal-card, please contact your School Principal for a Meal-Card Order Form.

Enclosed you will also find our cafeteria price list.



## What's on the Menu?

EMSB Cafeterias take pride in serving nutritious food and balanced meals that will help keep students energized throughout the day.

Our meals are prepared using high quality ingredients and promote healthy eating by including foods from the **Four Food Groups of Canada's Food Guide**. Our cafeterias encourage healthy eating habits at very competitive prices!

- No time to prepare lunch?
- Forgot to provide lunch money?

Our new Meal-Card system will facilitate meal time for all! Avoid lost change and long line-ups and what awaits....a delicious meal that's sure to please!

Check out the menu on our web site at [www.emsb.ca/nutrition-caf/](http://www.emsb.ca/nutrition-caf/) You're sure to find meals that will tantalize your taste buds!



Please detach along dotted line \* Return this portion along with your payment to your child's school.

### Meal Card Order Form

Please clearly print the following information.

School: \_\_\_\_\_

Name of Student: \_\_\_\_\_

Parent: \_\_\_\_\_

Work number: \_\_\_\_\_ Ext: \_\_\_\_\_

Home Tel: \_\_\_\_\_

Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Meal-Card Order

	Quantity	Cost/card	Total \$
Meal Card		\$40.00	
		<b>Total \$</b>	

### Mode of Payment

Cash or Cheque payable to “*Cafeteria and Nutrition Education Services*”. Please return completed order form along with full payment in a sealed envelope to your school cafeteria. Please indicate the school name and your child's name on the envelope.

The meal-card can be picked up at the main office of your school within a period of 5 to 10 days.

### Terms and conditions:

- **Lost cards cannot be replaced or refunded**
- **No refund for unused cards**
- **Must be used by the end of the school year June 2017.**

FOR OFFICE USE ONLY

CARD # : \_\_\_\_\_

DATE ISSUED: \_\_\_\_\_