

January 2023 Price List

Description	Serving Size	Price Sep 2022	Price January 2023
			
Buttered Toast or English Muffin (with jam)	2 Slices of toast or 1 English muffin - buttered and with 1 pkg of Jam	\$2.00	\$2.00
Bagels with Butter	Whole grain bagels and other varieties - buttered	\$2.25	\$2.50
Bagels Upscale	Upscale lggy bagels	\$2.50	\$2.75
Bagels, w/cream cheese (light with plain or flavoured cream cheese)	Whole grain bagels and other varieties, 1oz light cream cheese (28g) - plain or flavoured	\$3.25	\$3.50
Bagels Upscale w/cream cheese (light with plain or flavoured cream cheese)	Upscale bagels with cream cheese	\$3.25	\$3.50
Egg and Cheese Sunrise Sandwich	English Muffin, 1 egg, 28g cheese	\$4.00	\$4.00
Cheddar and Ham Sunrise Sandwich	English Muffin, 1 egg, 21g cheese, 28g Ham	\$4.50	\$4.50
Home Made Oven Home Fries	250ml, 1oz Ketchup	\$3.25	\$3.25
Breakfast Combo	Daily feature breakfast sandwich or wrap, home fries or side of fruit and a 237ml milk	\$6.00	\$6.10
Breakfast Burrito with Scrambled Eggs, Salsa, Shredded Cheddar in WW wrap	10" Tortilla - 20g bell peppers, 90ml egg, 28g cheese, 15ml salsa	\$4.50	\$4.50
Fresh Fruit Parfait	3.5oz / 7oz	\$2.90 / \$4.75	\$3.25 / \$5.00
Fruit Salad	120g of apples, grapes, banana and orange in Juice	\$2.75	\$2.85
Yogurt	100ml	\$1.50	\$1.50
Greek Yogurt	100ml	\$2.00	\$2.25
Yogurt and Berries - Small	4oz Yogurt, 1oz of berries	\$2.50	\$2.75
Yogurt and Berries - Large	6oz Yogurt, 2oz of berries	\$3.50	\$3.75
Yogurt and Granola	6oz Yogurt, 2oz of berries, 1oz granola	\$4.00	\$4.25
Fruit Smoothie	8oz	\$3.50	\$3.60
Local Fresh Fruit	Apple, orange, banana	\$1.50	\$1.50
			
Pasta Salad	8oz (227g) pasta salad	\$4.75	\$4.75
Garden salad Small / Large	5.6oz + 1oz Dressing / 12.2oz + 2oz Dressing	\$4.50/ \$6.95	\$4.75/ \$7.25
Caesar salad, Small / Large	3oz + 1oz Dressing / 6.6oz + 2oz Dressing	\$4.50 / \$6.95	\$4.75 / \$7.25
Entre Chicken Caesar Salad	175g romaine, 71g cooked chicken, 30ml shredded parmesan, 120g croutons, 60ml dressing	\$7.75	\$7.95
Veggie Grap Bag with Dip	4 carrot sticks, 3 celery sticks, 2 cucumber slices, 2 grape tomato and 1oz of dressing	\$3.00	\$3.00
Veggie Sticks with Dip	4oz carrot and celery sticks with 1oz low fat dip in cello bag	\$2.00	\$2.00
Veggie Grab Bags with Hummus	3 celery sticks, 4 carrot sticks, 2 grape tomato, 2 cucumber slices, 1.5oz hummus	\$3.65	\$3.75
Cheese, Grapes and Crackers	56g grapes, 28g cheddar cheese and 1 pkg of Melba toast	\$4.25	\$4.25
Baked Tortilla and Salsa	1/2 - 12" WW Tortilla cut in 4 pieces and baked in oven brushed with a small amount of garlic butter. 60ml Salsa	\$2.75	\$2.75
Apple wedges and Yogurt Dip	8 Apple wedges and 30ml yogurt	\$3.00	\$3.25
COLD BEVERAGES			
Milk - White	237ml	\$0.40	\$0.40
Milk- White	473ml	\$0.80	\$0.80
Milk - Chocolate	237ml	\$2.00	\$2.25
Milk- Chocolate	473ml	\$3.00	\$3.25
Water	500ml	\$1.50	\$1.75

Water	591ml	\$2.00	\$2.25
Tetra Juice	114ml	\$0.85	\$0.85
Box Juice	250ml	\$1.35	\$1.35
Tropicana Juice (Bottle)	355ml	\$3.25	\$3.25
Bubly - 100% Sparkling Water	240ml	\$2.00	\$2.25
Icee cup - 100% Frozen fruit Juice	120ml	\$1.75	\$1.75
Fruit Juice - 100% Juice (Bottle)	300ml	\$2.00	\$2.25
Fruit Juice - 100% Juice (Bottle)	450ml	\$3.25	\$3.50
Fruit Juice - 100% Juice (Can)	341ml	\$2.00	\$2.25
HOT BEVERAGES			
Hot Chocolate (made with Milk)	240ml	\$2.00	\$2.25
			
Sliced Roast beef or Sliced Turkey	56g meat w lettuce	\$4.25	\$4.30
Chunky Tuna Salad or Chicken Salad	60ml w lettuce	\$4.25	\$4.30
Egg Salad	60ml w lettuce	\$4.25	\$4.30
Ham and Cheese	28g ham, 21g cheese, lettuce	\$4.25	\$4.30
Roast Beef and Cheese	50g Roast beef, 28g cheese, lettuce	\$4.25	\$4.30
WRAPS			
Egg Salad Wrap	90ml Egg salad, 0.5oz lettuce and 1oz cucumber	\$5.50	\$5.75
Chicken Salad Wrap	90ml Chicken salad, 0.5oz Lettuce and 60ml diced tomato	\$5.50	\$5.85
Tuna Salad Wrap	56g	\$5.50	\$5.75
Veggie and Cheddar Wrap	15ml Tzatziki , 0.5oz romaine, 40ml of cheddar, 3 slices cucumber, 2 slices tomato, 14g green pep, 14g red pep	\$5.50	\$5.75
Hummus and Veggie Wrap	60ml Hummus, 0.5oz red onions, 0.25 oz roasted red peppers, 1oz romaine, 2oz diced tomato	\$5.50	\$5.75
Caesar Wrap	43g Lettuce, 15ml dressing, 4g parmesan cheese, 1 tortilla, 4.25g croutons	\$4.25	\$4.65
Chicken Caesar Salad Wrap	2oz Chicken strips, 1.5oz lettuce, 1.5tsp parmesan, 1oz Caesar dressing	\$5.75	\$5.85
Meat Wraps - Roast beef, Turkey and Ham	56g of meat, 28g cheese, lettuce, tomato, light mayo	\$6.50	\$6.50
Deli Made to order Sub/Wrap/Flatbread Bar	Assorted 6" subs, 12" wraps or hoagie flat breads	\$5.25- \$7.25	\$5.25- \$7.25
Sandwiches (LF= low fat) Roast Beef, Turkey, Ham	56g meat, 28g cheese, upscale breads, tomatoes, lettuce, LF dressing	\$6.00	\$6.50
			
Entrée Meal - Elementary and Middle - As per menu	Entrée, fresh vegetables or fresh side salad served with 237ml Milk or 114ml Juice	\$6.50	\$6.75
Entrée Meal - Middle and High School - As Per menu	Entrée, Side and Hot Vegetable or fresh side salad as per menu	\$7.25	\$7.50
Healthy Fresh Side	Rice, mashed potato, baked potato	\$2.00	\$2.00
Healthy Fresh Side	Side salad	\$2.75	\$2.75
Healthy Fresh Side	240ml soup	\$2.75	\$2.75
Fresh Side	Baked potato wedges or baked fries 4oz	\$2.75	\$2.75
			
Hearty Soup	8oz - 2 pkg crackers of 2's or roll	\$4.25	\$4.25
Hearty Chili	8oz - 2 pkg crackers of 2's or roll	\$5.00	\$5.00
Hearty Chili in a Flat Bread Bowl	8oz Chili + 1/2 Large Flat Bread	\$5.00	\$5.00
Add Breadstick to Chili	1 Breadstick	\$1.00	\$1.25



Pizza Slice (3 Cheese, Turkey Pepperoni, Veggie, chicken, Greek, Tropical, Mexican)	1/8th of 19" pizza	\$4.25	\$4.30
Garlic Fingers	7" dough, 2 tsp garlic spread, 28g light mozzarella cheese, 30ml donair or pizza sauce	\$4.75	\$4.75
Individual Pizza (3 Cheese, Greek, Tropical, Mexican, Veggie)	7" dough, assorted toppings, 1.5oz of light mozzarella cheese	\$6.00	\$6.00
Panzarotti	1 - 7" Pizza dough, 3T pizza sauce, 8 slices turkey pepperoni, 1.5oz mozza cheese	\$6.00	\$6.00
Home Made Pizza Pocket	Half of Panzarotti	\$3.90	\$3.90
Pizza Rolls (Mozzarella cheese and Sauce)	1/16 of 19" Pizza Crust	\$2.25	\$2.25
Pasta Bowls	240ml	\$5.00	\$5.00



Chicken Burger	87g white meat chicken burger, lettuce, light mayo	\$4.75	\$5.00
Hamburger	56g Home-made burger, whole wheat bun, lettuce, tomato, pickle, onion	\$4.25	\$4.30
Grilled Chicken Burger on a Kaiser bun	3oz Cooked chicken breast, kaiser, lettuce, tomato, light mayo	\$7.00	\$7.00
Baked Pop Corn chicken with Sauce	70g of Popcorn chicken, 1 oz sauce	\$3.75	\$3.85
Chicken Quesadilla	7" Tortilla, 28g chicken, 28g veggies, 30ml salsa, 28g cheese	\$4.00	\$4.00
Chicken Fajita	7" Tortilla, 42g Chicken fixins, 21g onion, 21g green pep. Served with 30ml salsa and 30ml sour cream	\$4.00	\$4.00
Chicken or Beef Soft Taco	28g Meat , 7g of lettuce, 7g of tomato and 7g of cheese in 6" tortilla or half of a 12"	\$4.00	\$4.00
Baked Chicken Nuggets	3oz Nuggets, 30ml dipping sauce	\$3.75	\$3.75
Baked Chicken Fingers	4oz Fingers, 30ml dipping sauce	\$4.75	\$5.00
Fries/Potato Wedges - Regular (Baked)	113g with 30ml ketchup	\$3.40	\$3.50



Muffins - Reduced Fat - (selection with added low fat yogurt)	3oz	\$1.75	\$2.00
Muffins - Reduced Fat - (selection with added low fat yogurt)	2oz	\$1.25	\$1.35
Banana Loaf	Slice	\$1.75	\$2.00
Cinnamon Breadstick or Pretzel	1/2 Sub bun dough brushed with butter and sprinkled with cinnamon sugar	\$1.75	\$2.00
Rice Krispie Squares	2"x2" / 3"x3"	\$1.25/ \$1.75	\$1.25/ \$1.75
Cookies-Low Fat Whole Grain	28g	\$0.85	\$0.85
Banana Bread - Trans fat free	84g slice		
Nutrigrain Bars	Each	\$1.25	\$1.25
Baked variety assorted salty snacks	High fibre, baked selection of retail snacks	\$2.00	\$2.00
Low Fat Pudding	6oz/8oz	\$2.30 / \$3.30	\$2.30 / \$3.30