

High School Price List 2015/2016



①	Healthy Choice (w/Milk)	5.95
	COMBOS	5.75
③	<u>From the Kettle...</u>	
	Homemade Soups	3.00
	Cream Soups	3.25
④	Ala carte any Smiley Face ☺	4.95
⑤	<u>Fast Fuel ...</u>	
	¼ lb. Hamburger	4.20
	*Cheeseburger	4.50
	Chicken Burger (grilled, full breast)	4.75
	Homemade Potato Wedges	3.75
	Hot Pizza Slice (8 slice)	3.25
	Hot Pizza Slice (6 slice)	3.50
	Loaded Baked Potato	3.75
	Add Cheese (1oz Shredded Mozza)	1.60
	Add Chili (4oz)	2.25
⑥	<u>Fresh Sandwiches...</u> <small>(All Sandwiches use Multi-Grain or Whole Wheat)</small>	
	*B.L.T.	4.25
	Ham	3.75
	Tuna / Chicken Salad	3.95
	Grilled Cheese	3.00
	Meat Wrap Sandwich	4.10
	Veggie Wrap Sandwich	3.85
	Grilled Chicken Caesar Wrap	4.75
	Pre-made Sub 6 "	4.50
	Pre - Order Sub Bar 6 "	4.95
	Pre - Order Sub Bar 12 "	6.75
	Extra Dressings or Jam	.35 each
⑦	<u>Fresh Salads ...</u>	
	LG: Garden / Caesar (+1 dressings)	3.95
	Signature Salads "Meal-Size"	5.85
	Cold Salad Plate	5.85
	Large Pasta Salad	3.95
	<u>Cold Beverages ...</u>	
	Milk 2% or Chocolate (250ml)	.40 / 1.80
	Bottled Water (500ml)	1.60
	Bottled Juice (300ml)	1.70
	Juice Box (200ml, Pure 100% juice)	1.40

<u>Daily Value Picks!</u>	\$2 to \$2.75
Egg Salad Sandwich	2.75
Bagged Veggies & Dip	2.35
Bagged Apples Slices with Cheese	2.60
Toasted Bagel with cream cheese	2.60
Rice Bowl	2.00
Mashed Potatoes	2.25
Plain Baked Potato	2.50
Fresh Fruit Cup (5oz)	2.60
* Pudding Parfait (5oz)	2.60
Three Homemade Cookies	2.00
◀◀ADD a Homemade SOUP to Meals:① to⑦	2.50
<u>Early Bird Breakfasts...</u>	
Breakfast Burger	3.65
Toast & (1) Jam	1.40
Bagel & Butter	1.85
Grilled Egg Sandwich	2.80
Grilled Egg on a Bagel	3.40
Ham & Cheese on a Bagel	3.55
½ Ham, Eggs, Toast, Milk	5.75
Extra Cream Cheese	.85
<u>Health on the RUN ...</u>	
Bagged Apples Slices	1.60
Bagged Veggies w/ Cheese & Crackers	2.95
Homemade Cookie	.75
* Homemade Rice Crispie Square	1.40
Homemade Apple Crisp (5oz)	1.75
Fruit Muffin	1.25
Mini Rice Cakes	1.70
* Baked Chips	1.70
Fruit & Yogurt Parfait 9oz	3.00
* Cheesecake Parfait 9oz	3.00
Fresh Fruit Cup 9oz	3.00
Frozen Juice Cup	1.60
Low - Fat Yogurt (125ml)	2.00
Cherry Berry Frozen Yogurt 5oz	3.50
Market Whole Fresh Fruit	1.00
* Served twice a week or month w/ meal	



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- ☑ Get great coupons on our healthy meals & snacks! | Registered names entered into exclusive contests!
- ☑ Majority of ingredients used to prepare our menus are sourced in the Maritimes and/or Canada. WE LOVE LOCAL!
- ☑ Vegetarian meals and Gluten Free meals are always available! Please talk with our cafeteria manager to arrange a lunch solution that works for you. Prices may vary. Please Note: We no longer accept personal cheques. We accept cash or online payment.

