

**Durham District School Board
Cafeteria Price List
2011-2012**

<u>Item</u>	<u>Portion</u>	<u>Unit Price</u> <u>(H.S.T. Extra)</u>
RISE AND SHINE		
Whole Wheat Toast	1 slice/ Becel margarine	\$0.45
English Muffin	1 muffin/Becel margarine	\$0.75
Breakfast Pita - Apple Cinnamon with Becel margarine	60 g	\$0.99
Bagels, w/cream cheese (light cream cheese)	3oz & 1 oz Cream Cheese (28 gm) - plain or flavored	\$2.00
Breakfast wrap	10" wrap , 64g egg, vegetables	\$3.69
Breakfast sandwich- English Muffin/One Bun	English Muffin, 1 egg, 28g cheese	\$2.59
Breakfast sandwich- english muffin - with peameal bacon	1 egg, 28 g peameal bacon, 28 g cheese	\$3.29
Mediterranean Potatoes / 5 Spice potato wedges	113 g	\$2.25
Cheerios/ multi grain cheerios with milk	20 g/ 250 ml of milk	\$2.00
Oatmeal with milk	Single serve packet/ 250 ml of milk	\$2.00
New Breakfast Value Combo- 3 Menu Items for \$5.00	Breakfast sandwich,choice of potato, 250 ml of milk or 300 ml juice	\$5.00
FRESH SALADS		
Garden salad, small /16oz/large	5oz/9oz	\$2.90/\$3.09/\$4.05
Cheddar toss salad, small /16oz/large	5oz green/ 28 g cheese / 9oz greens with 56g cheese/ ass't greens	\$2.90/\$3.09/\$4.05
Caesar salad, small /16oz/large	5oz greens - 9oz greens with fixins	\$3.10/\$3.35/\$4.20
Pasta Salad small/16oz	227 g	\$2.95/\$3.09
Veggies & dip	Small salad container - 8 oz vegetables / 1oz low fat dip	\$2.95
Veggie Bag with Dip	Small cello bag with ass't raw vegetables and 1 oz low fat dip	\$1.60
Wild Greens	Large Create your own salads	\$6.49 - \$7.99
Variety of Dressings for all salads	Included with a salad purchase 15 - 30ml	
Under 3- New Program- under \$3.00- under 300 calories		
Spinach Salad with Strawberries	57 g spinach, 88 g fruit, 5 oz serving	\$2.99
Couscous Vegetable	170 g, 6oz serving- couscous and vegetables	\$2.79
Energy Plus salad	170 g, 6oz serving- vegetable salad with sunflower seeds	\$2.99
SANDWICHES /WRAPS/ ON THE GO - Whole Wheat		
Sliced Roast Beef or Sliced Turkey	42 g Meat/ lettuce	\$2.20
Chunky Tuna Salad/Chicken Salad	42 g	\$2.20
Egg Salad/SI Cheese and Tomato	42 g /28 g cheese	\$2.00
One Bun		
Sliced Ham & Cheese	42 g Meat/ 28 g Cheese	\$2.99
Sliced Roast Beef or Sliced Turkey	42 g Meat	\$2.99
Under 3- New Program- under \$3.00- under 300 calories		
Turkey, Tomato and Veggie	44 g meat	\$2.79
Beef and Cheddar	28 g meat, 14 g cheese	\$2.79
WRAPS		
Veggie		\$3.25
Egg Salad Wrap	Egg salad- 56 g egg salad, lettuce,	\$3.25
Meat Wrap/ Chicken Caesar wWrap	56 g of meat/ lettuce/ tomato/ dressing	\$2.95-\$3.95
READY SET DELI		
Wraps	cheese/lettuce/tomato/cucumber/onion	\$4.25
Sandwiches	grain breads/ veg toppings	\$4.25
*Assorted veggie toppings available with all sandwiches		
READY SET DELI Combo	Deli Sandwich and fresh side with 16oz sugar free beverage	\$5.00
Condiments and dressings - self serve	15 ml (1oz)	
Daily Nutrition Special	whole wheat, 250 ml milk	\$4.00
MEAL DEALS		
Menutainment	Stir Fry	\$4.50-\$5.50
Combo Meal	Meat and 2 sides	\$4.95-\$6.25
Value Meal	Entree, Beverage and a Side	\$5.00
Healthy Entree	Entree as per the menu	\$3.00-\$3.50
Hearty Soup and Crackers/Chili	8 oz - 1 pkg crackers of 2's	\$1.90
Healthy Fresh Side		\$1.60

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BEVERAGES		
Milk - White	250 ml	\$1.10
Milk- White	500 ml	\$1.90
Milk - Chocolate	250 ml	\$1.20
Milk- Chocolate	500 ml	\$2.15
Soy Good - Soy Beverage	250ml	\$1.60
Fruit Juice - 100% Juice - Minute Maid	341 ml	\$1.45
Fruit Juice - Sunpac	300ml	\$1.45
Fruit Juice - Sunpac	175ml	\$0.90
Fruit Juice- 100%	450ml	\$2.00
Yop - Yoplait	200ml	\$1.25
Water - bottled	500ml	\$1.35
V-8	354ml	\$2.25
Water	591ml	\$1.75
Soft Drinks - caffeine free diet	355 ml	\$1.19
Jet Spray beverage - sugar free beverage	473 ml / 16 oz	\$0.88
HOT BEVERAGES		
Coffee - Decaffeinated & Regular	360 mL 8 oz/10oz	\$1.15/\$1.35
Coffee - Decaffeinated & Regular	360 mL 12 oz	\$1.45
Tea - Herbal/Decaffeinated	12oz or 16oz 1 bag	\$0.95
CRUST AND STUFF - Whole Wheat		
Garlic Fingers	6" dough , light mozzarella	\$2.25
Fresh Vegetarian Pizza	1/8 th Slice with vegetable toppings	\$2.25
Fresh Gourmet Pizza	Slice , added vegetables, other toppings	\$2.25
Pizzoli snackers - VALUE SNACKER	6" dough, turkey pepperoni, light mozzarella	\$2.00
TOONIE TUESDAY- VALUE PIZZA DAY	Slice of regular pepperoni or vegetarian pizza	\$2.00
SHORT ORDER/BURGERS AND OTHER		
All Burgers will be served on the one bun pita or Whole Wheat bun		
Chicken Burger	75 g, shredded lettuce, tomato	\$3.25
Hamburger	56 g Pattie	\$2.20
Cheeseburger	Complete with 56 g/ 28 g slice cheese	\$2.50
Veggie Burger	96 g veggie patty/shredded lettuce/ tomato	\$2.00
Chicken Fingers	3	\$3.35
Jamaican Beef Patty	1 patty	\$1.35
Veggie or Turkey Dog	113 g	\$2.00
POTATO OFFERINGS - Baked		
Fries - Regular- Baked	113 g	\$2.15
Sweet Potato	113g	\$2.15
Spiced Potato Wedge	113 g	\$2.15
Poutine	28g cheese , 60ml gravy	\$3.00
HEALTHY SNACKS and BAKERY		
Yogurt - 2%-0%MF	150 g	\$1.40
Fruit Salad	120 mL container	\$2.10
Parfaits- yogurt/ pudding/nut free granola/fruit	270 mL container	\$2.69
Fresh Fruit - Apple/Orange/Banana	Large	\$0.85
Brownies	3" x 3"	\$1.10
Cinnamon Bun	small	\$1.20
Cereal Squares	3" x 3"	\$1.25
Muffins	100 g	\$1.15
Cookie - Essentials	43 g	\$0.70
Loaves- banana, other	100 g	\$1.10
Whole Grain Danish	56 g	\$1.35
Corn & Potato Chips - baked selection		\$1.10
Grain Based Snack Bars - various types		\$1.10-\$1.55