

# ***FUEL FOR SUCCESS***

## **Menu Notes**

Nutritional Management Services meets the Provincial Nutrition Regulations in our cafeteria by following the School Food and Beverage Policy.

We do not serve deep fried foods, candy, or high fat baked goods. All items served are **low in fat, trans fat free, low in sodium and higher in fibre**. Students are provided with nutritious meal options **based on Canada's Food Guide**, contributing to improved education and health outcomes. Our menu is regularly **reviewed by our Registered Dietitians and Nutritional Managers**.

Nutritional Management Services also takes the initiative to **educate students about healthy eating** with our Fuel for Success marketing program. Every day we display a different **Healthy Meals Comparison** poster, which **informs the students about the fat, sugar and salt content** of our daily hot plate, and **compares** it with similar items offered at fast food facilities. We bring all of this education together by regularly conducting **Test Your Nutrition Knowledge** quizzes; all students who participate are entered in a draw for a prize.

The menu varies as students and staff offer feedback. If you have any **questions or suggestions**, please feel free to contact us. Written comments with a return address will be gladly accepted by the Cafeteria Manager and will be answered by our Head Office.



**Nutritional Management Services**

[www.nms.on.ca](http://www.nms.on.ca)

# **Welcome Back!**



## ***FUEL FOR SUCCESS***

### **Take Home Menu**

**Nutritional Management Services** is proud to be the cafeteria provider for your school. We are **committed to nutrition**. Our focus is **fresh, wholesome food prepared on-site**.

In order that parents, students, and staff are aware of the **nutritious and tasty choices** in our cafeteria, we have printed this menu for you to use at home. Pay close attention to our daily **Nutri-Meal** deal. The Nutri-Meal includes our daily entree, a side salad and milk, **all 4 food groups value priced at only \$5.50!**



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### Breakfast

English Muffin/Wrap - with choice of egg, bacon/ham, or cheese:

Two Items	\$2.25
Three Items	\$2.50
English Muffin with Jam	\$1.50
Toast with Jam	\$1.50

### Daily Grill

Hamburger	\$2.75
Cheeseburger	\$3.00
Chicken Burger	\$3.00
Hot Dog on a Bun	\$2.25
Baked Fries	\$2.00

### Crock Pot

Homestyle Soup of the Day	\$2.50
Soup and Bun Deal	\$3.00

### Desserts

Cookies	\$0.40
Muffin	\$1.25
Rice Krispie Squares	\$1.50
Brownies	\$1.50
Yogurt	\$1.50

### Grab & Go

Pita/Wrap	\$3.75
Asst. Sandwiches	\$2.75-\$3.25
Sub	\$3.75
Jamaican Patty	\$2.00
Pizza Bun	\$2.00

### Healthy Extras

Garden Salad	\$2.25
Garden Salad with Cheese	\$3.00
Chef Salad	\$5.00
Julienne Salad – <i>Chicken, Cheese</i>	\$4.25
Caesar Salad	\$2.25
Pasta Salad	\$2.25
Fresh Fruit Cut Up	\$3.00
Yogurt & Fruit	\$2.25
Veggies & Dip	\$2.25
Microwave Popcorn	\$1.75
Baked Chips	\$1.30

### Beverages

White/Chocolate Milk, 237 ml	\$1.25
White/Chocolate Milk, 473 ml	\$2.50
Juice, 300 ml	\$1.35
Juice, 473 ml	\$2.25
Iced Tea	\$2.50
Vitamin Water	\$2.75
Sugar-free Pop, 355 ml	\$1.25
Sugar-free Pop, 473 ml	\$2.25
Water, 500 ml	\$1.25

### Daily Hot Plate (see menu below)

Hot Plate, 237 ml Milk, Salad	\$5.50
Hot Plate & Side Salad	\$4.75



***Nutri-Meal = Daily Entree + Side Salad + 237 ml Milk***  
**A Nutritious Combination Containing All 4 Food Groups!**  
**Value Priced at \$5.50!**



### Daily Hot Plate Menu:

#### Monday

Pizza  
or Panzerotti

#### Tuesday

Taco Salad  
or Soft Taco

#### Wednesday

Pizza Casserole  
or Pasta & Meat Sauce

#### Thursday

Grilled Cheese Sandwich  
or Chicken Fajitas

#### Friday

Pizza  
or Panzerotti

*\*menu items and daily hot plate rotation subject to change\**

**Cash or debit payments available. Pre-paid meal vouchers can also be purchased in the cafeteria.**