

<u>Lester B. Pearson School Board</u> Food Service & Nutrition

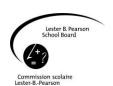
Maximum Selling Price List 2022-2023

for **YOUTH SECTOR** students - effective July 1st, 2022 – June 30th, 2023

| Item | Price |
|--|-----------------|
| Main Plate A + B or V (includes vegetable, starch when | \$3.82 |
| applicable) | |
| Main Plate C (includes vegetable) | \$4.23 |
| Meal Deal A, B, or V (includes entrée A, B, or V, | |
| vegetable, starch when applicable, dessert of the day, 200 | \$4.65 |
| ml 2% milk) | |
| Meal Deal C (includes Meal C entrée, side vegetable, | \$5.06 |
| small cookie, small 100% pure fruit juice) | φ 3.00 |
| Snack cup fruit | \$1.71 |
| Snack cup vegetable | \$1.12 |
| Vegetables cooked | \$.82 |
| Fresh Fruit (piece) | \$.94 |
| Canned Fruit | \$.94 |
| Juice | \$1.24 – \$3.00 |
| 2% or skim milk (200 ml) | \$.65 |
| Yogurt | \$1.18 |
| Soup | \$1.29 |
| Sandwich, assorted | \$2.94 – \$5.47 |
| Salads, assorted | \$3.65 - \$5.59 |
| Milk Pudding | \$.94 |
| Cream cheese portions | \$.82 |
| Ice cream, ice milk, frozen yogurt* | \$2.08 |
| Cookie, small | \$.84-\$ \$1.01 |
| Cookie, large | \$1.44 |
| Muffin (breakfast size) | \$.98 |
| Early Bird Special (see below) | \$1.12 |
| Margarine | \$.12 |
| Disposable utensils / dishes (each unit, if not purchasing | \$.12 |
| food in the cafeteria) | φ. ۱ Δ |

^{*} price includes all taxes

This table does not include all items sold; please see some additional items below.



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| Additional prices Youth Sector 2022-2023 | | |
|---|-----------------|--|
| Not all items are available in all of the cafeterias. | | |
| Extra potato, rice or noodle with a main plate | \$0.76 | |
| Chocolate milk (200ml) | \$1.47 | |
| Soy milk | \$2.41 | |
| Water | \$1.88 | |
| Bread | \$0.59 | |
| Bagel | \$1.29 | |
| Jamaican Patties (recess only on select days) | \$2.41 | |
| Assorted burgers | \$4.94 -\$ 5.23 | |
| Breakfast items & hot snacks | \$1.53 - \$3.29 | |
| Yop | \$1.82 | |
| Cake | \$1.33 | |
| Granola Bar | \$1.35 | |
| Danish, Brioche, Croissant | \$2.03 | |
| Grape & Cheese Cup | \$188 & \$3.00 | |
| Fresh Fruit Cup (large) | \$3.06 | |
| Deluxe Veggies & Dip | \$35 | |
| Breakfast Parfait with granola | \$2.06 & \$2.94 | |
| Yogourt Parfait | \$2.06 & \$2.94 | |
| Hard-boiled egg | \$0.53 | |
| Honey/jam | \$0.35 | |
| Soda crackers | \$0.18 | |
| Savoury Snacks* | \$2.25 | |
| Cheese portion | \$1.00 | |

^{*}price includes all taxe

| Early Bird Special | |
|---|--------------|
| (milk & breakfast muffin served at breakfast time only) | Only 1.12 ** |

** The Early Bird Special - Milk & Breakfast Muffin - High School Special is brought to you by LBPSB in collaboration with Chartwells Student Dining, who together realize the importance of a healthy breakfast to start your day off right!