

Lester B. Pearson School Board
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 (<i>includes vegetable, starch when applicable</i>)	\$3.82
Main Plate C (<i>includes vegetable</i>)	\$4.23
Meal Deal A, B, or V (<i>includes entrée A, B, or V, vegetable, starch when applicable, dessert of the day, 200 ml 2% milk</i>)	\$4.65
Meal Deal C (<i>includes Meal C entrée, side vegetable, small cookie, small 100% pure fruit juice</i>)	\$5.06
Snack cup fruit	\$1.71
Snack cup vegetable	\$1.12
Vegetables cooked	\$.82
Fresh Fruit (<i>piece</i>)	\$.94
Canned Fruit	\$.94
Juice	\$1.24 – \$3.00
2% or skim milk (<i>200 ml</i>)	\$.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 (<i>breakfast size</i>)	\$.98
Early Bird Special (<i>see below</i>)	\$1.12
Margarine	\$.12
Disposable utensils / dishes (<i>each unit, if not purchasing food in the cafeteria</i>)	\$.12

* price includes all taxes

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

Lester B. Pearson School Board
Food Service & Nutrition

Additional prices Youth Sector 2022-2023	
<i>Not all items are available in all of the cafeterias.</i>	
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 (<i>recess only on select days</i>)	\$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	\$1.88 & \$3.00
Fresh Fruit Cup (<i>large</i>)	\$3.06
Deluxe Veggies & Dip	\$3..5
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 tax

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!