




PRICE LIST FALL 2019 Durham District School Board - Excluding Tax

 Morning Editions	Serving Size	Fall 2019
Bagels, w/cream cheese (light with plain or flavoured cream cheese)	Whole Grain Bagels and other varieties, 1 oz light Cream Cheese (28 g) - plain or flavoured	\$2.35
Breakfast sandwich- english muffin - with peameal bacon and egg	1 egg, 28 g peameal bacon, 28 g cheese	\$3.75
Western Omelette Wrap	2 oz Western Omelette Wrap Mixture, 1/2oz shredded cheese	\$3.75
Hashbrown - Triangle	1 patty	\$0.90
Cheerios/multi grain cheerios with milk	20 g/250 ml of milk	\$2.35
Oatmeal with milk	single serve packet/237 ml of 2% milk	\$2.35
Breakfast Combo	Daily Feature breakfast sandwich, Potato selection Drink (12oz decaf coffee or 237 ml 2% milk) or Full Breakfast Eggs, Bacon or Ham , Home fries, Toast with 237ml milk	\$5.00
 Salads	Clear Containers	Fall 2019
Pasta Salad	8 oz pasta salad	\$3.75
Garden salad, small/large	5 oz with lettuce & ass't fresh vegetables/ 9oz with lettuce & ass't vegetables	\$3.75
Cheddar toss salad, small/large	5 oz greens/28 g cheese & ass't vegetables/9 oz greens with 56 g cheese/ass't veg	\$3.75
Caesar salad, small/ large	5 oz greens - 9 oz greens with fixins	\$3.75
Veggies & dip	8 oz raw vegetables with 1 oz low fat dip	\$3.15
Veggie Bag with Dip	12 raw vegetable sticks with 1 oz low fat dip in cello bag	\$1.85
 Sandwiches and Wraps	Whole Wheat & Whole Grain are the Bread Products of Choice	Fall 2019
Sliced Roast beef or Sliced Turkey	42 g meat with lettuce	\$3.25
Chunky Tuna Salad/Chicken Salad	42 g w lettuce	\$3.00
Egg Salad	42 g	\$3.00
Specialty Ham/Turkey/Roast beef with cheese	56 g meat, 28 g cheese, lettuce with veggies- Baked Kaiser or Speciality Bun	\$4.50
WRAPS		
Egg Salad Wrap	2 oz egg salad, celery & lettuce with fresh vegetables	\$4.10
Veggie Cheese Wrap	42 g veggie, light cream cheese, lettuce,carrots/veggies	\$4.10
Tuna Salad Wrap	56 g	\$4.75
Meat Wrap/ Chicken Caesar with Wrap	56 g of meat/ lettuce/ tomato/ dressing	\$5.25
 Deli	Various Whole Wheat & Whole Grain Options - Made to Order	Fall 2019
BIG PITA	56g meat, 28 g cheese, assorted veggie toppings, low fat dressing	\$5.75
Wraps	56 g meat, 28 g cheese, assorted toppings, low fat dressing	\$5.75
Sandwiches (LF= low fat)	56g meat, 42 g cheese, WG buns, WG hoagies, tomatoes, lettuce, LF dressing	\$5.75
 Simmers & Meal Deals	Serving Size	Fall 2019
Healthy Fresh Side	Side as per menu - fresh fruit, salad, raw veggies bags, hot veggies, rice, etc...	\$1.85
Entrée Meal	Hot meal, Entrée, fresh vegetables or fresh side salad, small milk	\$6.25
Combo Deal	2 oz Cheeseburger on a Bun, fresh side and 16oz light jet spray	\$5.95
Hearty Soup	8 oz - 1 pkg crackers of 2's	\$2.75
COLD BEVERAGES	Serving Size	Fall 2019
Milk - White	237 ml	\$1.50
Milk- White	473 ml	\$2.35
Milk - Chocolate	237 ml	\$1.75
Milk- Chocolate	473 ml	\$2.95
Fruit Juice - Pure	300 ml	\$1.70
Fruit Juice - 100% Juice	473 ml	\$3.00
Fruit juice - can	341 ml	\$1.90
Soft Drinks- caffeine free, diet only	500 ml	\$2.43
Soft Drinks - caffeine free, diet only	355 ml	\$1.55
Jet Spray beverage - unsweetened beverage, < 40 calories	473 ml /12 oz	\$1.24
HOT BEVERAGES	Serving Size	Fall 2019
Coffee - Decaffeinated	12 oz Keurig Freshly Brewed	\$1.85
Tea - Herbal/Decaffeinated	12 oz Keurig Freshly Brewed	\$1.85

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 Italiano	Serving Size	Fall 2019
Fresh Cheese & Turkey Pepperoni Pizza	1/8 th of 16" pizza with turkey pepperoni and light mozzarella cheese	\$3.25
Garlic Fingers	6" dough , light mozzarella cheese	\$4.25
Fresh Vegetarian Pizza	1/8 th slice with vegetable toppings	\$3.35
Panzerotti	1 - 6" whole grain pizza shell, 3T pizza Sauce, 8 slices turkey pepperoni, 1 1/2 oz mozzarella cheese	\$5.00
 Four Seasons	Serving Size	Fall 2019
Chicken Burger	87 g white meat chicken burger	\$4.20
Hamburger	56 g burger, regular/whole wheat, lettuce,tomato	\$3.05
Cheeseburger	Pre Cooked 56 g Patty (2oz), light cheese	\$3.95
Veggie Burger	56 g.,28 g slice light cheese- Pre-cooked Premium patty	\$3.75
Fries - Regular (Baked)	113 g	\$3.15
 Sweet Temptations	Serving Size	Fall 2019
Muffins - Reduced Fat - (selection with added low fat yougurt)	3 oz	\$1.50
Fresh Fruit Parfait	270 ml fresh assorted fruit chunks (9oz container)	\$3.00
Fresh Fruit	Seasonal fresh fruit, apple, orange, banana	\$1.00
Parfaits - Yogurt with berries/nut free granola, puddings	9 oz container with low fat yogurt, berries and nut free granola	\$3.00
Cinnamon Bun	71 g	\$2.10
Cereal Squares/ Brownies- PPM 150 compliant selections	3" x 3"	\$1.95
Cookies- Essential- PPM 150 compliant selections	43 g- higher fibre	\$0.95
Baked variety assorted salty snacks	Retail pack-higher fiber- baked selection	\$1.45
Loaves- banana, other PPM 150 compliant selections	100 g (3.5oz)	\$1.95