

NMS IS COMMITTED TO NUTRITION

We have made a commitment to nutrition in all of our menu choices.

All items are low in fat and sodium, higher in fibre, Trans fat free and we only use whole wheat bread products.

Chef's Table...

- Two Item Breakfast Sandwich on an English Muffin / Wrap **\$1.80**
- English Muffin and Jam **\$1.40**
- Milk and Cereal **\$2.25**

Daily Grill A La Carte...

- Hamburger **\$1.75**
- Cheeseburger **\$2.00**

Baker's Bin...

- Homemade Muffin **\$1.15**
- Cookie 1 oz **\$0.35**
- Jello **\$1.15**
- Yogurt **\$1.40**

Deli Counter...

Made With Whole Wheat Breads

- Egg Salad Sandwich **\$2.50**
- Tuna Salad Sandwich **\$3.00**

Crock Pot...

- Hearty Homestyle Soup **\$2.25**

The Nutri-Meal...

- A combination of the daily dinner plate and 250 ml of 2% milk. Nutritionally balanced with items from all 4 food groups. We can also offer vegetarian options similar to the daily nutri-meal. Value priced at only **\$4.75!**

Garden Patch...

Using Calorie Wise Dressing

- Garden Salad **\$2.00**
- Veggies & Dip **\$2.00**
- Pasta Salad **\$2.00**
- Mashed Potato & Gravy **\$1.60**
- Fresh Fruit Cup **\$1.40**

Nutri-Meal Menu...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	● Sloppy Joes On a Whole Wheat Bun	● Chicken Fajita	● Penne & Meat Sauce	● Chicken Stir Fry & Rice	● Pizza Casserole
WEEK 2	● Macaroni & Cheese	● Caesar Chicken Wrap	● Lasagna	● Ham or Turkey Submarines	● Pizza on Whole Wheat Crust
WEEK 3	● Grilled Cheese Sandwich	● Grilled Quesadilla	● Spaghetti & Meat Sauce	● Hot Turkey Sandwich	● Panzerotti

Beverages...

- 2% White Milk 250 ml **\$1.25**
- Chocolate Milk 250 ml **\$1.25**
- 100% Fruit Juice 300 ml **\$1.25**
- Diet Soft Drinks 355 ml **\$1.25**
- Coffee, Decaf 10 oz Cup **\$1.35**



To promote the consumption of nutritious foods, Nutritional Management Services offers a daily Nutri-Meal that includes a variety of nutritious selections. The Nutri-Meal Menu features all four food groups from Canada's Food Guide and it is low in fat, trans fat free and low in sodium. A complete meal for only \$4.75!

The menu varies as students and staff offer suggestions and is constantly reviewed by our Registered Dietitian.

All our menu selections have a nutrition analysis and meet the criteria for healthy eating. We no longer serve deep fried foods, candy, or high fat baked goods. Our focus is fresh food prepared on site.

Our menu is colour coded to easily identify which options should be eaten more often ● and which should be eaten less often ● as per the Ontario Nutrition Standards.

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



Welcome Back



Avon Maitland District School Board



Take Home Menu
Fuel for Success!!!

Nutritional Management Services is proud to be the cafeteria provider for your school. It is our privilege to show you how we are meeting the new Ontario Nutrition Standards in our cafeteria.



In order that parents and staff are aware of the changes, we have printed this menu for your home use. We hope you will post this menu on your refrigerator for use when planning lunches.