

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most****Flying Wedge Pizza Day - 56% Choose Most**

Item Name	Item Description	Price	BC Guidelines	
				List
Cheese Pizza	6" personal pizza on whole wheat crust	\$3.75	a	Brandname
Cheese Pizza - dairy free	6" Cheese with whole wheat crust - no cheese	\$3.75	a	Brandname
Cheese Pizza - gluten free	6" gluten free crust	\$4.00	a	Brandname
Pepperoni Pizza	6" Pepperoni with whole wheat crust	\$3.75	a	Brandname
Pepperoni Pizza dairy free	6" Pepperoni with whole wheat crust - no cheese	\$3.75	a	Brandname
Pepperoni Pizza gluten free	6" personal pizza with gluten free crust	\$4.00	a	Brandname
Hawaiian Pizza	6" personal Ham & Pineapple with whole wheat crust	\$4.25	a	Brandname
Hawaiian Pizza - dairy free	6" Ham & Pineapple with whole wheat crust - no cheese	\$4.25	a	Brandname
Hawaiian Pizza - gluten free	6" Ham & Pineapple Gluten free	\$4.50	a	Brandname
Veggi Pizza	6" personal Veggie with whole wheat crust	\$4.25	c	Brandname
Veggi Pizza - dairy free	6" Veggie with whole wheat crust - no cheese	\$4.25	c	Brandname
Veggi Pizza - gluten free	6" personal pizza on gluten free crust	\$4.50	c	Brandname
Side Caesar Salad		\$3.00	c	Brandname
Large Caesar Salad		\$5.00	c	Brandname
Side Greek Salad		\$3.00	c	Brandname
Large Greek Salad		\$5.00	c	Brandname
1% Chocolate Milk	less sugar	\$1.25	a	Brandname
2% Milk		\$1.25	c	Brandname
Skim Milk		\$1.25	c	Brandname
Strawberry Yogurt		\$1.25	c	Brandname
Apple Streusel Loaf	made by Well Fed - tastes like apple pie	\$1.50	a	Checklist
Banana Bread	made by Well Fed	\$1.50	a	Checklist
Granola Bar	(vegan) made by Well Fed	\$1.50	a	Checklist
Fruit Skewer			c	

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most****Magic Lunch Box / Well Fed - 100% Choose Most**

Item Name	Item Description	Price	BC Guidelines	
				List
Large Macaroni & Cheese	Macaroni, Milk, Cheddar Cheese, Non Hydrogenated Margarine, Flour, Salt . Calories 485,	\$5.00	C	Checklist
Small Cheese Quesadilla	Salsa and Sour Cream on the side. Monterey Jack, Cheddar and Mozzarella Cheese on whole wheat	\$4.50	C	Checklist
Large Cheese Quesadilla		\$5.00	C	Checklist
Small Cheese Quesadilla with Chicken	Salsa and Sour Cream on the side. Monterey Jack, Cheddar and Mozzarella Cheese on whole wheat	\$4.50	C	Checklist
Large Cheese Quesadilla with Chicken		\$5.00	C	Checklist
Small Cheese Quesadilla with bean	Salsa and Sour Cream on the side. Monterey Jack, Cheddar and Mozzarella Cheese on whole wheat	\$4.50	C	Checklist
Large Cheese Quesadilla with Bean		\$5.00	C	Checklist
Rice Tortilla Cheese Quesadilla - small	Gluten Free	\$4.50	C	Checklist
Large Rice Tortilla Cheese Quesadilla		\$5.00	C	Checklist
Rice Tortilla Cheese Quesadilla with chicken - small	Gluten Free	\$4.50	C	Checklist
Large Rice Tortilla Cheese Quesadilla with Chicken		\$5.00	C	Checklist
Rice Tortilla Cheese Quesadilla with Bean - small	Gluten Free	\$4.50	C	Checklist
Large Rice Tortilla Cheese Quesadilla with Bean		\$5.00	C	Checklist
Small Turkey Chili **	served with cheese biscuit - can be modified as gluten free	\$4.50	C	Checklist
Large Turkey Chili **	served with cheese biscuit - can be modified as gluten free	\$5.00	C	Checklist
Porcupine Chicken Meatballs with Rice		\$4.50	C	Checklist
BBQ Chicken Wrap		\$4.50	C	Checklist
Mini Bagels & Cream Cheese with veggies and ranch dressing		\$4.50	C	Checklist
Greek Salad with baked Pita Chips	served with homemade tzatzki	\$4.50	C	Checklist
Small Macaroni & Cheese	Macaroni, Milk, Cheddar Cheese, Non Hydrogenated Margarine, Flour, Salt . Calories 485,	\$4.50	C	Checklist
Apple Streusel Loaf	made by Well Fed - tastes like apple pie	\$1.50	C	Checklist
Banana Bread	made by Well Fed	\$1.50	C	Checklist
Granola Bar	(vegan) made by Well Fed	\$1.50	C	Checklist

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most****Sushi Katsu / Subway - 71% Choose Most**

Item Name	Item Description	Price	BC Guidelines	
				List
6 Asparagus Roll		\$4.00	c	Checklist
6 Avocado Roll		\$3.80	c	Checklist
6 California Roll	imitation crab & avocado	\$4.15	c	Checklist
6 California Roll gluten free	crab & avocado	\$6.50	c	Checklist
6 Chicken Teriyaki Roll	Chicken teriyaki, lettuce, cucumber	\$4.15	c	Checklist
6 Dynamite roll	Shrimp Tempura, lettuce, cucumber	\$4.25	c	Checklist
6 Kappa roll	Cucumber Sushi Roll	\$3.00	c	Checklist
6 Yam tempura roll	Sweet potato tempura	\$4.15	c	Checklist
Edamame Beans	Boiled Soy Beans	\$3.00	c	Checklist
Montroyal Combo (6 kappa / 6 yam roll)	(6 kappa / 6 yam roll)	\$5.65	c	Checklist
Sushi Combo A (3 California/ 6 dynamite)	(3 California/ 6 dynamite)	\$5.75	c	Checklist
Combo D (6 California roll/ 6 kappa roll)	(6 California roll/ 6 kappa roll)	\$5.50	c	Checklist
Beef Teriyaki Bowl	Beef Teriyaki with onion on rice served with carrot and broccoli	\$5.25	c	Checklist
Chicken Teriyaki Bowl	Chicken Teriyaki on rice served with carrot and broccoli	\$5.10	c	Checklist
Chicken Soba Noodles	Chicken, onion and carrot on pan fried noodles with yakisoba sauce	\$5.00	c	Checklist
Fried Rice with Chicken & Pineapple	Pan fried rice with diced chicken, pineapple, egg, green peas and carrot	\$5.50	c	Checklist
Gyoza	6 pieces of pan fried pork gyoza	\$4.50	c	Checklist
Veggie Noodle		\$5.00	c	Checklist
Mini Roast Beef Sub on a Whole Wheat Bun - 4 inch	Topping offered at the end of ordering	\$3.25	c	Checklist
Roast beef sub on a Whole Wheat Bun - 6 inch	Topping options added at the end. SERVING SIZE (g) 219 CALORIES 290 Calories from Fat 40 TOTAL FAT (g) 4.5 Saturated Fat (g) 1.5 Trans Fat* (g) 0 CHOLESTEROL (mg) 20 SODIUM (mg) 680 CARBOHYDRATES (g) 46 Dietary Fiber (g) 5 Sugars (g) 7 PROTEIN (g) 17 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 6 IRON % DV 20	\$4.00	a	Brandname
Mini Turkey Sub on Whole Wheat Bun - 4 inch	Topping offered at the end of ordering	\$3.25	c	Brandname
Turkey sub on a Whole Wheat Bun - 6 inch	Topping options added at the end. SERVING SIZE (g) 219 CALORIES 290 Calories from Fat 35 TOTAL FAT (g) 4 Saturated Fat (g) 1 Trans Fat* (g) 0 CHOLESTEROL (mg) 20 SODIUM (mg) 760 CARBOHYDRATES (g) 46 Dietary Fiber (g) 5 Sugars (g) 7 PROTEIN (g) 16 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 6 IRON % DV 20	\$4.00	a	Brandname
Mini Ham Sub on a Whole Wheat Bun - 4 inch	Topping offered at the end of ordering	\$3.25	c	Brandname
Ham sub on Whole Wheat Bun - 6 inch	Toppings added at the end. SERVING SIZE (g) 219 CALORIES 280 Calories from Fat 35 TOTAL FAT (g) 4 Saturated Fat (g) 1 Trans Fat* (g) 0 CHOLESTEROL (mg) 15 SODIUM (mg) 700 CARBOHYDRATES (g) 47 Dietary Fiber (g) 5 Sugars (g) 6 PROTEIN (g) 15 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 6 IRON % DV 15	\$4.00	a	Brandname

Hot Lunch 2014-2015 BC Guidelines Compliance

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most**

Mini Tuna Sub on Whole Wheat Bun - 4 inch	Topping offered at the end of ordering	\$3.25	c	Brandname
Tuna Sub on a Whole Wheat Bun - 6 inch	Topping options added at the end. SERVING SIZE (g) 237 CALORIES 480 Calories from Fat 230 TOTAL FAT (g) 25 Saturated Fat (g) 5 Trans Fat* (g) 0.3 CHOLESTEROL (mg) 40 SODIUM (mg) 580 CARBOHYDRATES (g) 44 Dietary Fiber (g) 5 Sugars (g) 7 PROTEIN (g) 20 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 4 IRON % DV 20	\$4.00	a	Brandname
Mini Veggie Sub on Whole Wheat Bun - 4 inch	toppings offered at the end of ordering	\$3.25	c	Brandname
Veggie sub on a Whole Wheat Bun - 6 inch	Topping options added at the end. SERVING SIZE (g) 162 CALORIES 230 Calories from Fat 20 TOTAL FAT (g) 2.5 Saturated Fat (g) 0.5 Trans Fat* (g) 0 CHOLESTEROL (mg) 0 SODIUM (mg) 280 CARBOHYDRATES (g) 44 Dietary Fiber (g) 5 Sugars (g) 6 PROTEIN (g) 8 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 4 IRON % DV 15	\$4.00	c	Brandname
1% Chocolate Milk	less sugar	\$1.25	a	Brandname
2% Milk		\$1.25	c	Brandname
Skim Milk		\$1.25	c	Brandname
Booster Juice 12oz – Mango Hurricane	Mangos, peaches, passion fruit, guava, strawberries & yogurt. Calories 300 Fat 0.2g Sugar 59g	\$3.50	d	Brandname
Booster Juice 12oz – Strawberry Sunshine	Strawberries, passion fruit, guava, bananas & yogurt. Calories 297 Fat 0.5g Sugar 53g	\$3.50	d	Brandname
Booster Juice 8oz - Mango Hurricane	Mangos, peaches, passion fruit, guava, strawberries & yogurt. Calories 150 Fat 0.1g Sugar 29.5g	\$2.90	a	Brandname
Booster Juice 8oz - Strawberry Sunshine	Strawberries, passion fruit, guava, bananas & yogurt. Calories 148.5 Fat 0.25g Sugar 26.5g	\$2.90	a	Brandname
Chocolate Chip - English Bay Cookie	flour, sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract), vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, natural flavour, salt. Contains wheat, eggs, milk and soy. May contain peanuts, tree nuts, sulphites and tartrazine. Calories - 120 Fat 6g	\$1.00	a	Brandname
Oatmeal Raisin- English Bay Cookie	flour, oats, sugar, vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), raisins, liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, spice, natural flavour, salt. Contains wheat, eggs, milk and soy. May contain peanuts, tree nuts, sulphites and tartrazine. Calories 110 Fats 4.5g	\$1.00	a	Brandname
Apple Slices		\$1.50	c	Brandname
Veggies and Dip	severed in a wax bag with ranch dressing	\$1.75	c	Checklist

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most****Foodie Kids - 95% Choose Most**

Item Name	Item Description	Price	BC Guidelines	
				List
Beef Bulgogi - small	8oz. Korean bbq style. Tender pieces of marinated beef on white rice and vegetables	\$5.99	c	Checklist
Beef Bulgogi - large	12oz. Korean bbq style. Tender pieces of marinated beef on white rice and vegetables	\$6.99	c	Checklist
Chicken & Vegetable Dumplings	6 pieces, homemade dipping sauce will be offered at the end of ordering	\$4.99	c	Checklist
Chicken Fried Rice - small	8oz. Served with white rice, carrots, green peas, egg and chicken	\$4.99	c	Checklist
Chicken Fried Rice - large	12oz. Served with white rice, carrots, green peas, egg and chicken	\$5.99	c	Checklist
Lemon Grass Chicken - small	8oz. Vietnamese style on Vermicelli with vegetables	\$4.99	c	Checklist
Lemon Grass Chicken - large	12oz. Vietnamese style on Vermicelli with vegetables	\$5.99	c	Checklist
Vegetable Fried Rice - small	8oz. Served with white rice, carrots, green peas, and egg	\$4.99	c	Checklist
Vegetable Fried Rice	12oz. Served with white rice, carrots, green peas, and egg	\$5.99	c	Checklist
Vietnamese Salad Roll	handmade, served with vermicelli, shredded chicken, cucumber, rice wrap and tahini nut free dipping sauce which can be chosen at the end of the order	\$1.75	c	Checklist
Side Cup of Rice		\$1.75	c	Checklist
1% Chocolate Milk	less sugar	\$1.25	a	Brandname
2% Milk		\$1.25	c	Brandname
Skim Milk		\$1.25	c	Brandname
Carrot Cake	iced with Cream cheese	\$1.25	c	Checklist
Chocolate Zucchini loaf		\$1.25	c	Checklist
Choc/Van Swirl TCBY	Choc/Van Swirl (2.75oz)	\$2.00	c	Brandname
Cotton Candy TCBY	2.75oz	\$2.00	c	Brandname
Orange Sorbet TCBY	(lactose free) 2.75oz	\$2.00	c	Brandname

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most****Subway - 61% Choose Most**

Item Name	Item Description	Price	BC Guidelines	
				List
Mini Ham Sub on a Whole Wheat Bun - 4 inch	Topping offered at the end of ordering	\$3.25	c	Brandname
Ham sub on Whole Wheat Bun - 6 inch	Toppings added at the end. SERVING SIZE (g) 219 CALORIES 280 Calories from Fat 35 TOTAL FAT (g) 4 Saturated Fat (g) 1 Trans Fat* (g) 0 CHOLESTEROL (mg) 15 SODIUM (mg) 700 CARBOHYDRATES (g) 47 Dietary Fiber (g) 5 Sugars (g) 6 PROTEIN (g) 15 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 6 IRON % DV 15	\$4.00	a	Brandname
Mini Roast Beef Sub on a Whole Wheat Bun - 4 inch	Topping offered at the end of ordering	\$3.25	c	Brandname
Roast beef sub on a Whole Wheat Bun - 6 inch	Topping options added at the end. SERVING SIZE (g) 219 CALORIES 290 Calories from Fat 40 TOTAL FAT (g) 4.5 Saturated Fat (g) 1.5 Trans Fat* (g) 0 CHOLESTEROL (mg) 20 SODIUM (mg) 680 CARBOHYDRATES (g) 46 Dietary Fiber (g) 5 Sugars (g) 7 PROTEIN (g) 17 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 6 IRON % DV 20	\$4.00	a	Brandname
Mini Turkey Sub on Whole Wheat Bun - 4 inch	Topping offered at the end of ordering	\$3.25	c	Brandname
Turkey sub on a Whole Wheat Bun - 6 inch	Topping options added at the end. SERVING SIZE (g) 219 CALORIES 290 Calories from Fat 35 TOTAL FAT (g) 4 Saturated Fat (g) 1 Trans Fat* (g) 0 CHOLESTEROL (mg) 20 SODIUM (mg) 760 CARBOHYDRATES (g) 46 Dietary Fiber (g) 5 Sugars (g) 7 PROTEIN (g) 16 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 6 IRON % DV 20	\$4.00	a	Brandname
Mini Tuna Sub on Whole Wheat Bun - 4 inch	Topping offered at the end of ordering	\$3.25	c	Brandname
Tuna Sub on a Whole Wheat Bun - 6 inch	Topping options added at the end. SERVING SIZE (g) 237 CALORIES 480 Calories from Fat 230 TOTAL FAT (g) 25 Saturated Fat (g) 5 Trans Fat* (g) 0.3 CHOLESTEROL (mg) 40 SODIUM (mg) 580 CARBOHYDRATES (g) 44 Dietary Fiber (g) 5 Sugars (g) 7 PROTEIN (g) 20 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 4 IRON % DV 20	\$4.00	a	Brandname
Mini Veggie Sub on Whole Wheat Bun - 4 inch	toppings offered at the end of ordering	\$3.25	c	Brandname
Veggie sub on a Whole Wheat Bun - 6 inch	Topping options added at the end. SERVING SIZE (g) 162 CALORIES 230 Calories from Fat 20 TOTAL FAT (g) 2.5 Saturated Fat (g) 0.5 Trans Fat* (g) 0 CHOLESTEROL (mg) 0 SODIUM (mg) 280 CARBOHYDRATES (g) 44 Dietary Fiber (g) 5 Sugars (g) 6 PROTEIN (g) 8 VITAMIN A % DV 8 VITAMIN C % DV 20 CALCIUM % DV 4 IRON % DV 15	\$4.00	c	Brandname
1% Chocolate Milk	less sugar	\$1.25	a	Brandname
2% Milk		\$1.25	c	Brandname
Skim Milk		\$1.25	c	Brandname
Strawberry Yogurt		\$1.25	c	Brandname

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most**

Chocolate Chip - English Bay Cookie	flour, sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract), vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, natural flavour, salt. Contains wheat, eggs, milk and soy. May contain peanuts, tree nuts, sulphites and tartrazine. Calories - 120 Fat 6g	\$1.00	a	Brandname
Oatmeal Raisin- English Bay Cookie	flour, oats, sugar, vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), raisins, liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, spice, natural flavour, salt. Contains wheat, eggs, milk and soy. May contain peanuts, tree nuts, sulphites and tartrazine. Calories 110 Fats 4.5g	\$1.00	a	Brandname
Apple Slices		\$1.50	c	Brandname
Veggies and Dip	severed in a wax bag with ranch dressing	\$1.75	c	Checklist

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most****Hot Dog Day - 50% Choose Most**

Item Name	Item Description	Price	BC Guidelines	
				List
All Beef Hot Dog on Whole Wheat Bun		\$1.80	a	Brandname
Chicken wrap	Chicken, mayo, cheese on whole wheat wrap	\$3.75	c	Brandname
Tuna wrap	Tuna, mayo, cheese on whole wheat wrap	\$3.75	c	Brandname
Turkey wrap	Turkey, mayo, cheese on whole wheat wrap	\$3.75	c	Brandname
1% Chocolate Milk	less sugar	\$1.25	a	Brandname
2% Milk		\$1.25	c	Brandname
Skim Milk		\$1.25	c	Brandname
Booster Juice 12oz – Mango Hurricane	Mangos, peaches, passion fruit, guava, strawberries & yogurt. Calories 300 Fat 0.2g Sugar 59g	\$3.50	d	Brandname
Booster Juice 12oz – Strawberry Sunshine	Strawberries, passion fruit, guava, bananas & yogurt. Calories 297 Fat 0.5g Sugar 53g	\$3.50	d	Brandname
Booster Juice 8oz - Mango Hurricane	Mangos, peaches, passion fruit, guava, strawberries & yogurt. Calories 150 Fat 0.1g Sugar 29.5g	\$2.90	a	Brandname
Booster Juice 8oz - Strawberry Sunshine	Strawberries, passion fruit, guava, bananas & yogurt. Calories 148.5 Fat 0.25g Sugar 26.5g	\$2.90	a	Brandname
Strawberry Yogurt		\$1.25	c	Brandname
Seasonal Fruit Skewer	seasonal fruit	\$1.75	c	Checklist
Chocolate Chip - English Bay Cookie	flour, sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract), vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, natural flavour, salt. Contains wheat, eggs, milk and soy. May contain peanuts, tree nuts, sulphites and tartrazine. Calories - 120 Fat 6g	\$1.00	a	Brandname
Oatmeal Raisin- English Bay Cookie	flour, oats, sugar, vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), raisins, liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, spice, natural flavour, salt. Contains wheat, eggs, milk and soy. May contain peanuts, tree nuts, sulphites and tartrazine. Calories 110 Fats 4.5g	\$1.00	a	Brandname



**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most****Wok Box - 53% Choose Most**

Item Name	Item Description	Price	BC Guidelines	
				List
Crispy Chicken small	Chicken served with rice. Calories 410 Total Fat (g) 5 Sodium (mg) 360 Protein (g) 6	\$5.50	a	Brandname
Dragon Chicken small	Teriyaki sauce, wok cooked chicken, served with fresh broccoli trees and rice.	\$5.00	a	Brandname
Dragon Chicken - small Gluten Free		\$5.50	a	Brandname
Jungle Noodles small meal	Stirfry sauce, veggies, served with chow mein noodles.	\$5.00	a	Brandname
Mongolian Chicken large meal	Woked chicken with mixed vegetables, sweet garlicy mongolian sauce on white jasmine rice ** can be modified to be gluten free	\$6.80	a	Brandname
Mongolian Chicken large - gluten free	Woked chicken with mixed vegetables, sweet garlicy mongolian sauce on white jasmine rice	\$6.80	a	Brandname
Teriyaki Beef large meal	Woked beef with mixed vegetables, teriyaki sauce on white jasmine rice	\$7.00	a	Brandname
1% Chocolate Milk	less sugar	\$1.25	a	Brandname
Skim Milk		\$1.25	c	Brandname
2% Milk		\$1.25	c	Brandname
Strawberry Yogurt		\$1.25	c	Brandname
Granola Bar	(vegan) made by Well Fed	\$1.50	c	Checklist
Banana Bread	made by Well Fed	\$1.50	c	Checklist
Apple Streusel Loaf	made by Well Fed - tastes like apple pie	\$1.50	c	Checklist
Fruit Skewer			c	

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most****a Movable Feast Pasta Day - 64% Choose Most**

Item Name	Item Description	Price	BC Guidelines	
				List
Penne with butter - small		\$2.75	c	Checklist
Penne with butter - large		\$3.00	c	Checklist
Penne Marinara - small	plum tomatoes, finely diced onions, celery, carrots, italian herbs, garlic powder, sugar, salt & pepper	\$3.00	c	Checklist
Penne Marinara - large	plum tomatoes, finely diced onions, celery, carrots, italian herbs, garlic powder, sugar, salt & pepper	\$3.50	c	Checklist
Penne Bolognese - Small	extra lean ground beef, finely diced onions, celery, carrots, plum tomatoes, italian herbs, garlic powder, salt & pepper	\$3.50	c	Checklist
Penne Bolognese - Large	extra lean ground beef, finely diced onions, celery, carrots, plum tomatoes, italian herbs, garlic powder, salt & pepper	\$4.25	c	Checklist
Mac & Cheese - small		\$3.75	c	Checklist
Mac & Cheese - large		\$4.75	c	Checklist
Gluten Free Gnocchi Marinara - small	plum tomatoes, finely diced onions, celery, carrots, italian herbs, garlic powder, sugar, salt & pepper	\$4.75	c	Checklist
Gluten Free Gnocchi Marinara - large	plum tomatoes, finely diced onions, celery, carrots, italian herbs, garlic powder, sugar, salt & pepper	\$5.75	c	Checklist
Small Caesar Salad 16 oz		\$2.75	c	Checklist
Large Caesar Salad 24oz		\$4.25	c	Checklist
Small Tossed Salad (16oz) with Italian dressing		\$2.70	c	Checklist
Small Tossed Salad 16oz with Ranch dressing		\$2.70	c	Checklist
1% Chocolate Milk	less sugar	\$1.25	a	Brandname
2% Milk		\$1.25	a	Brandname
Skim Milk		\$1.25	a	Brandname
Booster Juice 12oz – Mango Hurricane	Mangos, peaches, passion fruit, guava, strawberries & yogurt. Calories 300 Fat 0.2g Sugar 59g	\$3.50	d	Brandname
Booster Juice 12oz – Strawberry Sunshine	Strawberries, passion fruit, guava, bananas & yogurt. Calories 297 Fat 0.5g Sugar 53g	\$3.50	d	Brandname
Booster Juice 8oz - Mango Hurricane	Mangos, peaches, passion fruit, guava, strawberries & yogurt. Calories 150 Fat 0.1g Sugar 29.5g	\$2.90	a	Brandname
Booster Juice 8oz - Strawberry Sunshine	Strawberries, passion fruit, guava, bananas & yogurt. Calories 148.5 Fat 0.25g Sugar 26.5g	\$2.90	a	Brandname
Strawberry Yogurt		\$1.25	c	Brandname
Seasonal Fruit Skewer	seasonal fruit	\$1.75	c	Checklist
Chocolate Chip - English Bay Cookie	flour, sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract), vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, natural flavour, salt. Contains wheat, eggs, milk and soy. May contain peanuts, tree nuts, sulphites and tartrazine. Calories - 120 Fat 6g	\$1.00	a	Brandname

**Montroyal Hot Lunch BC Guidelines Compliance - 68% Choose Most**

Oatmeal Raisin- English Bay Cookie	flour, oats, sugar, vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), raisins, liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, spice, natural flavour, salt. Contains wheat, eggs, milk and soy. May contain peanuts, tree nuts, sulphites and tartrazine. Calories 110 Fats 4.5g	\$1.00	a	Brandname
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