

WELCOME!

Goderich District Collegiate Institute Cafeteria Menu

Breakfast

English Muffin/Wrap - with choice of egg, bacon/ham, or cheese:

Two Items	\$2.50
Three Items	\$2.75
Toast with Jam	\$1.50
English Muffin with Jam	\$1.50

Grab & Go

Asst. Sandwiches	\$3.25-\$3.50
Chicken Caesar Wrap	\$4.00
Sub Sandwich	\$4.00
Perogies	\$2.00
Pizza Bun	\$2.00

Daily Nutri-Meal (see menu below)

Entree, Milk or Juice, Salad	\$5.75
Entree & Side Salad	\$5.00

Daily Grill

Hamburger	\$3.00
Cheeseburger	\$3.25
Chicken Burger	\$3.25
Hot Dog on a Bun	\$2.25
Veggie Burger	\$3.75
Baked Fries	\$2.00

Healthy Extras

Garden Salad	\$2.50
Garden Salad with Cheese	\$3.25
Chef Salad	\$5.00
Julienne Salad	\$4.25
Caesar Salad	\$2.50
Pasta Salad	\$2.25
Fresh Fruit Cut Up	\$3.00
Yogurt & Fruit	\$2.25
Veggies & Dip	\$2.25
Microwave Popcorn	\$1.75
Baked Chips	\$1.50

Crock Pot

Homestyle Soup of the Day	\$2.50
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Desserts

Cookies	\$0.40
Muffin	\$1.25
Rice Krispie Squares	\$2.00
Brownies	\$2.00
Ice Cream Cup	\$1.00
Yogurt	\$1.50

Beverages

White/Chocolate Milk, 237 ml	\$1.40
White/Chocolate Milk, 473 ml	\$2.60
Juice, 300 ml	\$1.35
Juice, 355 ml	\$2.50
Iced Tea	\$2.50
Vitamin Water	\$3.00
Sugar-free Pop, 355 ml	\$1.35
Sugar-free Pop, 500 ml	\$2.50

Nutri-Meal = Daily Entree + Side Salad + 237 ml Milk or Juice
A Nutritious Combination Containing all 4 Food Groups. Value Priced at \$5.75!

Sample Weekly Menu:

Monday
Panzerotti
w/Side Salad

Tuesday
Soft Taco
w/Side Salad

Wednesday
Pasta with Meat Sauce
w/ Garlic Bread & Salad

Thursday
Chicken Fajitas
w/Side Salad

Friday
Pizza w/
Side Salad

