

# THE MUNCH BAR - MENU

## RECESS SNACKS

G	Apple Slinky	\$1.00
G	Air-popped Popcorn	\$ .50
G	Cheese with Crackers	\$1.50
G	Corn Cobbette	\$1.30
A	Sultanas	\$1.00
G	Hawaiian Cheesie (ham & pineapple)	\$1.50
G	Italian Cheesie (tomato & herbs)	\$1.50
G	½ Vegemite Roll	\$1.00
A	Yoghurt Cup	\$2.20

## THIRST QUENCHERS

G	Water (600ml)	\$1.20
G	Flavoured Milk (300ml) (chocolate, banana, or berry)	\$2.50
A	100% Fruit Juice – (lunch time only) (orange, apple, or tropical)	\$2.50

## SLURPY SOUP

G	Pumpkin Soup (served with a slice of toast)	\$3.00
---	--	--------

## TERRIFIC TOASTIES

G	Cheese	\$2.80
G	Ham & Cheese	\$3.00
G	Ham & Tomato	\$3.00
G	Ham, Pineapple & Cheese	\$3.50
G	Chicken & Cheese	\$3.50
G	Ham, Cheese & Tomato	\$3.50

## EXCELLENT EXTRAS

G	Carrot Sticks	\$ .50
G	Salad Cup	\$1.00
G	Peeled Boiled Egg	\$ .50
G	Corn Cobbette	\$1.30
G	Apple Slinky	\$1.00

## AFTER LUNCH TREATS

A	Quelch 99% Fruit Juice Stick (full)	\$1.00
A	Quelch 99% Fruit Juice Stick (half)	\$ .50
A	Paddle Pop	\$2.50
A	Bulla Frozen Yoghurt Cup	\$3.00

## SUPER SANDWICHES & WRAPS

G	Oink & Moo	Ham & cheese, served with carrot sticks	\$3.50
G	Sea Monster	Tuna, lettuce, mayo	\$3.00
G	Chicky Wicky	Chicken, lettuce, tomato, mayo	\$3.50
G	Cluck Cluck	Curried egg, lettuce	\$3.00
G	Panda	Vegemite sandwich, served with carrot sticks	\$2.50

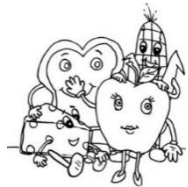
Please note that all bread and wraps we use are wholemeal, or high-fibre white. If not specified on your order, a wholemeal sandwich will be provided.

All mayonnaise and cheese is reduced-fat and salt-reduced products are used where possible.

**Due to health and safety regulations, we are no longer able to reheat food brought in from home.**

Please place your order at the Canteen before school


Our Canteen uses the 'Traffic Light' system when planning the menu, as recommended by the WA School Canteen Association.



G = 'Green' items are suitable to eat every day  
A = 'Amber' items should be eaten in moderation

## LUNCH SPECIALS

(only available on these days)

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p><b>A – Pizza</b> 'Cheeky Brothers' pizza, sold by the slice. Choose from <i>Italian</i>, or <i>Hawaiian</i>.</p>  <p>\$2.50 per slice (max 2 per child)</p>	<p><b>A – Pies and Sausage Rolls</b> Mrs Mac's Good Eating Brand</p> <p>Pie \$3.60 Snack Pies (x2) \$2.70 Sausage Roll \$2.70</p> <p>Tomato Sauce included.</p>	<p><b>G – Grazing Platter</b> A delicious selection of cheese, cold meat, boiled egg, crackers, popcorn, fruit, veggie sticks and dip. Perfect for those who like variety and prefer to nibble! (Ingredients may vary each week)</p> <p>\$4.50</p>	<p><b>A – Nachos</b> Made with low-sodium corn chips and reduced-fat cheese.</p> <ul style="list-style-type: none"> <li>\$4.50 Vegetarian – tomato salsa and cheese or</li> <li>\$5.00 Beef – mildly-spiced lean beef, tomato salsa and cheese</li> </ul> <p>Add low-fat sour cream for 30 cents.</p> 