BOAMBEE PUBLIC SCHOOL HEALTHY MENU 2016

MORNING SPECIALS  8.30–8.50am only
Cheesy Melts- assorted  $0.50
Fruito Packs  $1.00
Hot Chocolate (also lunchtime)  $1.00
Homemade Muffins  50c & $1.00

SNACKS FOR LUNCH BREAK- 11am
Frozen Juice or Milk Cups  $1.00
Ice-cream in a Bucket  $1.00
Calippo -mini  $1.20
Lemonade Icy pole  $1.20
Jelly, Fruit & Custard  $1.00
Frozen custard on stick  $0.50
Iceberg – Juicy on stick  $0.50
Fruit Muffin – Homemade  $1.00
Red Rock Chips  $2.00
Popcorn  $0.20

THIRST QUENCHERS – all day
Bottled Water  $1.50
Plain Milk 200ml  $1.50
Flavoured Milk 300ml  $2.00
(choc/strawb/vanilla/banana)
Fruit Juice 200ml  $1.50
(apple/orange/pineapple)

ORDERING TIPS
On the front of a bag please write your child’s name, class and order and enclose correct money if possible. Drink orders require a separate bag labelled with name, class and type of drink. Place folded order bags in basket at canteen on arrival at school.

SUPER SANDWICHES and WRAPS - 11am
All sandwiches made on wholemeal bread unless specified white.
Captain Crunch  Crunchy lettuce, tomato with ham or chicken  $3.00
Rainbow Delight Carrot, lettuce, tomato beetroot and cucumber  $2.00
Egg Head  Egg, lettuce and mayo  $3.00
Ham or Chicken or Tuna  $2.80
Cheese  $2.00
Vegemite  $1.60
Salad Wrap  Small  $3.00  Large  $4.00
Salad Wrap with Ham, Chicken, Egg or Tuna  Small  $4.00  Large  $5.50

SALAD BOXES - 11am
Mini Munch  Lettuce, tomato, carrot, beetroot, corn, cheese  $3.00
Super Salad  Lettuce, tomato, carrot beetroot, cucumber, corn, onion, cheese  $4.00
Mega Salad  Super salad with ham or chicken or egg or tuna  $5.50
Fruit Salad  Small tub seasonal fruits  $2.00

FREE ICE-CUP WITH EVERY SALAD ORDER

EXTRAS FOR CREATING THE PERFECT LUNCH
Lettuce, tomato, carrot, beetroot, cucumber, corn, pineapple, mayo, sour cream,  $0.30
Cheese, Gravy, Toasting, Avocado  $0.50
Ham/Chicken/Tuna  $1.00
Rolls, Chili, Tomato or Bbq sauce  $0.40
Paper Bags  $0.20

OPEN WED, THURS, FRI
HOT LUNCH ORDERS - 11am
Mini  Crumbled Chicken or Chilli Chicken Wrap  lettuce, tomato, carrot & cheese  $4.00
Large  Fish or Chilli Wrap  lettuce, tomato, carrot, beetroot cucumber, onion, cheese, sour cream & sweet chilli sauce  $6.00
Chirpy Burger  Crumbled chicken patty, lettuce, pineapple, cheese, mayo  $4.00
Surf Burger  Long Roll, Crumbled fish, lettuce, tomato and mayo  $4.00
Nachos  Corn chips, crumbled cheese  $4.00
Pizza  Cheese/Bacon  $4.00
Pizza Boats  Long roll filled with pizza sauce, ham, pineapple & cheese. Or create your own  $3.50
Mini Pie (low fat)  $2.50
Chicken Chips  5 for $3.50
Chicken Nuggets  5 for $3.50
Mini Spring Rolls + soy sauce  $1.00
Satay Chicken Wings (mild)  $1.00
Corn Cob  $1.00
Fried Rice (Homemade)  $3.50
Mini Lunch Salad & Ice Cup with either 4 Chicken Chips or 4 Chicken nuggets or 3 Spring Rolls or 3 Chicken wings  $4.00

AFTERNOON TEA ORDERS
Place an order at the canteen in the morning for any items on the menu that do not require heating or refrigeration. Your order will be sent to the classroom with the lunch orders at 11am.

GREEN FOODS GO RIGHT AHEAD
AMBER FOODS GO SLOW
RED FOODS STOP