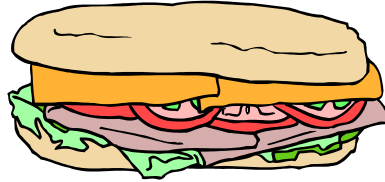


# Healthy Eating Policy

Modbury West School follows the mandated DECD (Department for Education and Child Development) Right Bite policy. This policy has a very strong intention to ensure that schools promote and support healthy eating habits with children. The following is a brief outline of the DECD policy for your information.



Our canteen has a number of healthy choices. We will continue to work towards complying with the new policy. Food suppliers have started to offer alternative foods that better meet the guidelines and we will continue to consider these and modify our menu from time to time.

Clearly the eating habits of children are most strongly influenced by their family. As a school, we support you in this important matter of developing positive attitudes of healthy eating.

## Helpful Information

The Canteen is open everyday of the week from 8.45-1.15pm.

**WE ARE UNABLE TO PROVIDE CREDIT.** In cases where a child is without lunch, we will provide an emergency lunch consisting of a plain cheese or vegemite sandwich.

**Every effort is made to supply lunches ordered, but there may be occasions when we do not have the stock, or lunch orders are placed late and items may need to be substituted.**

All sandwiches and rolls can have fillings added or deleted (just adjust the price).

Please mark the lunch bags clearly – child's name and class room number is very important.

**Canteen Committee**

# MODBURY WEST SCHOOL CANTEN PRICE LIST

Effective from 13/9/17



## Sandwiches, Rolls and Wraps

Sandwiches	Sand
Ham	2.20
Chicken	2.50
Cheese	2.20
Vegemite	1.65
Salad	
– with Chicken or Ham	3.60
– with Cheese	3.50

Wraps	Half	Full
Chicken and lettuce	3.50	4.50
Ham and cheese	3.30	4.40
Salad	3.00	4.00
Meat and Salad	3.30	4.80

\*Salad includes cucumber, lettuce, tomato, carrot, alfalfa

### Extras:

Cheese	0.50	Lettuce	0.40
Egg	0.50	Mayo	0.40
Gherkin	0.40	Sauce	0.20
Tomato	0.40		

**Chicken Roll** (Hot or Cold) 4.40

Made fresh with cheese, lettuce and mayo ( lettuce usually excluded with hot roll )

## Snacks

JJs	1.00
Jumpys	1.00
Popcorn	1.00
Red Rock Deli Chips – Honey Soy	1.50
Ovalteenies	.80
Oreos	.50
Mamee Noodles – Chicken/BBQ	.60
Iceblocks & Icecreams (Not available in Lunch Orders)	.50- 2.00

Apples Available for purchase 50c (can be slinkied during fruit time or at recess and lunch)

## Drinks

Water	1.80
Apple or Apple & Blackcurrant Juice	2.00
Reduced Fat Milk	
<b>(Choc or strawberry)</b>	2.20
Up and Go Milk Drink <b>(Banana, Vanilla or Chocolate)</b>	2.20
Slushies (Lunch Only – Purchase from	

**Lunch Bags** 10 for 50c  
**Extra Plastic spoons** 5 cents each

## Hot Foods

### Hot Food – add 20c for sauce

Cruizer Meat Pie	3.30
Sausage Roll (Beef)	2.75
Pizza Single (Ham & Pineapple Only)	3.50
Chicken Crackles (Battered balls of chicken)	.55c ea
Chicken Dinosnacks (dinosaur Nuggets)	.55c ea
Chilli Chicken Roll	
(Chilli Chicken Tenderloins in a Roll or wrap with lettuce,tomato,sweet chilli sauce)	4.40
Garlic Bread (4 slices )	1.65
Potato Wedges	
- Plain	½ 3.00 4.40
- Chilli Sauce & Sour Cream	5.00
- Cheese	4.90
Yumbo – (Hot Ham and Cheese Roll)	3.80
Lasagne	4.00
Macaroni Cheese	4.00
Hot Potato with cheese	3.50
with Ham and Cheese	4.00
add sour cream	.50c

### Hot Dogs

Hot Dog with Sauce 3.30

(Hot dogs can be made without sauce)

### Gourmet Hot Dogs

Ham Dog – Cheese and Ham 3:80

Cheesy Dog – Cream cheese & Sauce 3.50

Sauces available – 20 cents extra

Tomato, Barbecue, Sweet Chilli

### Chicken Crackles

### Dinosnacks

Steggles Chicken Meat (used in Sandwiches/Rolls)

**\*Halal Certified Chicken products\***

## MEAL DEALS

### No 1.

Hot/Cold Chicken Roll  
Flavoured Milk \$6.00

### No 2.

Pie  
Flavoured Milk \$5.20

### No 3.

Hot Dog  
Chocolate or Strawberry Milk \$5.20

### No 4

5 Chicken Crackles  
Flavoured Milk \$4.75

### No 5

Sausage Roll  
Fruit Juice \$4.50