Healthy Eating Policy

Modbury West School follows the mandated DECS (Department of Education and Children’s Services) 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 DECS policy for your information.

**Green Foods**

These are considered the best choice of foods for schools. We should be working towards making these the main foods we promote and sell in our canteen.

Examples:
- Breads, cereals, rice, pasta, noodles, vegetables, fruit, reduced or low fat dairy products, lean meat and poultry, water.

**Amber Foods**

These foods have some fat, sugar or salt added to them and/or have had water removed during processing. Schools need to work towards reducing the number of amber foods offered in their canteens and when offering them reduce the serving size.

Examples:
- Full fat dairy products, processed meats, margarine, mayonnaise, oil, snack foods bars, milk based ice confections, ice blocks, fruit based ice confections, slushies and fruit juices.

**Red Foods**

These foods are outside the Dietary Guidelines for Children and Adolescents in Australia. They are high in fat, sugar and/or salt. Schools are only able to offer some of these foods occasionally (twice per term). (Sugars and artificially sweetened drinks and confectionary are not to be offered at any time).

At Modbury West these items are generally offered through fundraising activities eg Sports Day, Discos.

Our canteen has a number of healthy choices (green category foods) and a number of amber category foods. 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 8.30-1.30pm.

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.

Volunteer help is always appreciated, however all potential volunteers have to have completed the volunteer training run by Leadership members before starting volunteering. So if you are able to spare an hour or two, particularly on Thursday or Friday mornings between 9:00 am and 11:30 am, your help will be very much appreciated. Please help share the load – it’s also a good way to meet new people and become involved with your child's/grandchildren’s school.

Thank you for your co-operation

Canteen Committee
### Green Foods

<table>
<thead>
<tr>
<th>Sandwiches &amp; Rolls</th>
<th>Sand</th>
<th>S/C</th>
<th>D/C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham</td>
<td>1.80</td>
<td>2.00</td>
<td>2.60</td>
</tr>
<tr>
<td>Chicken</td>
<td>1.80</td>
<td>2.00</td>
<td>2.60</td>
</tr>
<tr>
<td>Cheese</td>
<td>1.70</td>
<td>1.90</td>
<td>2.40</td>
</tr>
<tr>
<td>Egg</td>
<td>1.70</td>
<td>1.90</td>
<td>2.40</td>
</tr>
<tr>
<td>Vegemite</td>
<td>1.40</td>
<td>1.60</td>
<td>1.80</td>
</tr>
<tr>
<td>Salad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>– with Meat</td>
<td>3.60</td>
<td>3.60</td>
<td>4.50</td>
</tr>
<tr>
<td>– with Cheese</td>
<td>3.30</td>
<td>3.50</td>
<td>4.40</td>
</tr>
<tr>
<td>Salad</td>
<td>2.80</td>
<td>3.00</td>
<td>4.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wraps</th>
<th>Half</th>
<th>Full</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken and lettuce</td>
<td>2.00</td>
<td>4.00</td>
</tr>
<tr>
<td>Ham and cheese</td>
<td>2.00</td>
<td>4.00</td>
</tr>
<tr>
<td>Cheese and salad</td>
<td>2.50</td>
<td>4.50</td>
</tr>
<tr>
<td>Salad</td>
<td>2.00</td>
<td>4.00</td>
</tr>
<tr>
<td>Meat and Salad</td>
<td>2.50</td>
<td>4.50</td>
</tr>
</tbody>
</table>

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

### Deluxe Wraps

- **Tantalising Tuna**: 2.50
- **Hawaiian Delight**: 2.50
- **Chicken, lettuce, pineapple**

### Extras:

- **Cheese**: 0.50
- **Egg**: 0.50
- **Gherkin**: 0.40
- **Tomato**: 0.40
  - **Lettuce**: 0.40
  - **Mayo**: 0.40
  - **Sauce**: 0.20
  - **Beetroot**: 0.40

### Salads

- **Mixed Salad with Ham**: 5.00
- **Mixed Salad with Cheese**: 5.00

### Hot Food

- **Hot Potato**: 3.50
  - with cheese
  - plus ham and pineapple
- **Lasagne**: 3.50
- **Macaroni Cheese**: 3.50
- **Chicken Roll (Hot or Cold)**: 4.00
  - Made fresh with cheese, lettuce and mayo (all optional)

### Dessert

- **Vanilla custard**: 1.20
- **Fresh Fruit (in season)**: 0.70

### Drinks

- **Water**: 1.50
- **Reduced Fat Milk**: 2.20
  - (Choc, Strawberry, Honeycomb)
- **Frozen Milk Drinks**: 2.20

### Amber Foods

### Hot Food

- **Cruizer Pie**: 3.00
- **Chicken Crackles (Lightly battered balls of chicken)**: 50c
- **Cheese Burger (Made Fresh)**: 4.20
- **Hot Dog (Low fat frankfurt)**: 3.50
  - Full
  - Half: 3.00
- **Chilli Chicken Roll**: 4.00
  - (Chilli Chicken Tenderloins in a Roll with lettuce, tomato, sweet chilli sauce)
- **Garlic Bread (5 slices)**: 1.00
- **Potato Wedges**:
  - Plain: 2.50
  - Chilli Sauce & Sour Cream: 3.50
  - Cheese: 3.50
- **Sausage Roll**: 2.50

### Gourmet Hot Dogs

- **Ham Dog – Cheese and Ham**: 4.50
- **Cheesy Dog – Cream cheese & Sauce**: 4.50
- **Chilli Dog – Sweet Chilli & Mustard**: 4.50

### Snacks

- **J J’s – Chicken/Pizza/Burger**: 1.30
- **Jumpys – BBQ/Chicken**: 1.00
- **Red Rock Chips - Honey Soy/Sea Salt**: 1.30
- **Shapes – BBQ/Pizza**: 0.80
- **Iceblock**: 0.60

### Drinks

- **100% Fruit Juice Drinks (Cartons)**:
  - Apple, apple & blackcurrant, orange: 2.20
  - (10c deposit on all drink containers)
- **Frozen Fruit Juice Drinks**: 2.20
- **Nippy’s 100ml Frozen cups**: 1.20
  - Orange or Apple & Blackcurrant

### MEAL DEALS

| No 1. | Hot/Cold Chicken Roll | Chocolate or Strawberry Milk | $5.00 |
| No 2. | Pie | Vanilla Custard | Water | $5.00 |
| No 3. | Hot Dog (1/2 or Full) | Bag of Carrot Sticks | $4.50 |
|      | | (½) | $5.50 |
| No 4  | 5 Chicken Crackles | Bag of Carrot Sticks | $4.00 |
|      | | Water | | |
| No 5  | Sausage Roll | Apple | $4.20 |