



## What is a healthy school canteen?

Schools and their canteen or food service are well placed to support healthy eating and in fact have a vital role to play in helping reduce the worldwide epidemic of childhood obesity.

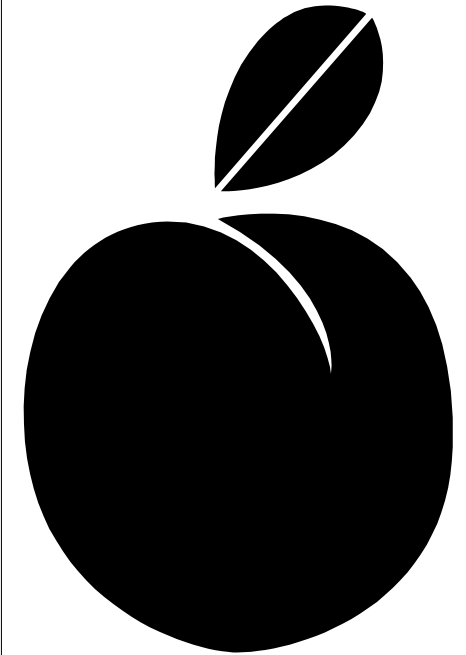
Children should eat a wide range of foods so that they have the energy for learning and growing. A new easy to follow 'traffic light' system has been introduced to help public schools plan menus full of healthy, nutritious and affordable food and drinks.

The new standards require that foods in the **GREEN** category are encouraged. Schools should aim to fill their menus with these healthy foods. **AMBER** foods should be selected carefully and eaten in moderation. **RED** food and drinks are off the menu and will not be available in public schools.



Kalbarri D.H.S.  
P&C  
Canteen

# Menu



Our school canteen offers healthy, tasty food for all of our students.

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Hours  
Monday ~ Friday 9.00-1.30

Canteen Manager: Olivia Nye

**Available Every Day**

**SANDWICHES AND ROLLS**

	<b>Roll</b>	<b>Sandwich</b>
multigrain/wholemeal		
Vegemite	<b>\$1.80</b>	<b>\$1.50</b>
Egg (curried/plain)	<b>\$2.50</b>	<b>\$2.30</b>
Chicken/Ham	<b>\$2.90</b>	<b>\$2.60</b>

With salad (beetroot, asparagus, carrot, lettuce, tomato, avocado, pineapple, cheese) extra .30c per filling. **Toasting available**

Gourmet rolls (ham or chicken) **\$3.20**

Available with above salad fillings, extra .30c per filling.

**IT'S A WRAP**

Tuna or chicken or ham **\$4.00**

& salad wrap

**HOT FOOD**

Mini Pizza 3 toppings (ham, chicken, pineapple, capsicum, onion, mushroom, tomato) **\$3.00**

Lasagna **\$ 4.00**

Spaghetti Bolognese **\$4.00**

Macaroni Cheese **\$4.00**

**Daily Specials**

**MONDAY**

**Burgers**

Chicken lettuce & mayo	\$3.50
Beef lettuce & B.B.Q. sauce	\$3.50
Fish lettuce & mayo	\$3.50
<i>With salad (beetroot, carrot, tomato, avocado, pineapple, cheese) extra .30c per filling.</i>	

**TUESDAY**

Hot Dog	\$2.50
Hot Chicken Roll	\$3.50
Roast Beef Roll with Gravy	\$4.00

**WEDNESDAY**

Hot Spuds	\$4.00
<i>Ham, cheese, corn, pineapple</i>	
<i>Tuna, corn</i>	
<i>Bolognaise</i>	

**THURSDAY**

Tacos with salad	\$4.00
Fried Rice	\$4.00
Chicken Nuggets & salad	\$3.00
Quiche and salad	\$4.00

**FRIDAY**

Sausage Rolls	\$2.20
Pies	\$2.70
Potato Top Pie	\$2.80
Party Pies	.90c
Sauce	.30c

**SALADS (every day)**

Fresh garden salad	\$2.50
Cold meat and salad (chicken or ham)	\$4.00
Fruit salad	\$2.50

**DRINKS**

**Chills**

Choc Chill (600ml)	\$2.80
Choc Chill (300ml)	\$1.50
Strawberry Chill (300ml)	\$1.50
Spearmint Chill (300ml)	\$1.50
Banana Chill (300ml)	\$1.50

**Multi V**

Just Juice Box	\$1.70
<i>(apple, paradise punch, apple/blackcurrant)</i>	\$1.20
Hi-lo Milk with straw	\$1.50
<i>(chocolate, strawberry, banana)</i>	
Water	\$1.50

**Fresh Fruit Smoothies**

\$2.80

**Slushies 99% Fruit juice**

\$1.60

**SNACKS**

Goulburn Valley fruit snack	\$2.60
Red Rock chips (recess only)	\$1.00
Milo Bar (recess only)	\$1.25
Peters light ice-cream (lunch only)	\$1.60
Brownes light yoghurt	\$1.50
Sakata rice chips	\$1.00
Fruit <i>in season</i>	.80c
<b>Lunch Bags</b>	10 for .40c

**RECESS**

A variety of healthy hot and cold snacks will be available for recess every day.