

# CANTEEN DUTY – Can You Help?

The canteen relies heavily upon volunteers to provide an essential service to our students.

If you are able to offer some time, please see Teresa, our canteen manager, or add your name to the roster on the noticeboard inside the canteen door.

You may choose to work for as little as 30 minutes or to help out the whole morning. Any donation of your time at all is most welcome.

As a volunteer, you will receive morning tea and lunch as well free entry into our end-of-year raffle.

Volunteering is a great way of becoming involved in your child's school and the children love to see you here.

**Please call in to see Teresa in the canteen or phone us on 85323055**



Murray Bridge North School

## CANTEEN

Term 1 2020

*Our canteen menu provides healthy, nutritious and tasty food and drinks consistent with the Department for Education and Children's Services Right Bite Healthy Food Strategy for Schools and Pre-Schools.*

**Rite Bite categorises food into the colour codes of:**

**GREEN** – Foods that are considered to be the most nutritious and healthiest choice, such as fresh fruit and vegetables, low fat dairy foods, lean meats, eggs, fish, breads, pasta, rice, nuts, legumes and wholegrain cereals. Plenty of water to drink is essential in a healthy diet

**AMBER** – Foods that are still good choices, but may contain added sugars, fats and salts, such as full fat flavoured milk, custards and cheese, some spreads, margarine, sauces and gravies, processed meats, savoury snack foods, some fruit drinks and breakfast cereals.

**RED** – Food and drinks that are energy dense and nutrient poor, such as pastries, cakes, biscuits, chocolate coated icecreams, lollies etc. Sugar and artificially sweetened drinks – soft drinks, energy drinks, sports drinks, flavoured mineral waters, sports waters, fruit drinks and drinks containing caffeine and guarana are banned in SA Government schools and preschools.

*All items on the North Schools menu fit into the GREEN and AMBER categories of the Right Bite spectrum and provide our learners with healthy choices.*

### ORDERING LUNCH FROM THE CANTEEN

1. Write your child's name and class on an order bag
2. Use the Canteen Menu to choose lunch foods
3. Write the chosen items on the bag
4. Enclose the correct money if possible.  
The canteen is unable to change large notes.
5. Place the lunch order in the class lunch tub at 8:55 a.m.  
If late, your child will need to take the order to the canteen at recess time.
6. Children with ice-cream orders will need to line up at the canteen when the lunch play bell sounds - with their lunch order bags to collect the item.
7. To request more lunch bags, please let us know by writing "More bags, please" on the lunch order bag. **These are 3 for 10c**

# Murray Bridge North School

## CANTEEN PRICE LIST

### Term 1 2020

*The North School canteen menu provides healthy, nutritious and tasty food and drinks consistent with the Department for Education and Children's Services Right Bite Healthy Food Strategy for Schools and Pre-Schools. Drinks containing caffeine and guarana (high energy) are banned in SA Government schools and preschools.*

Suggested Menu. – All of these hot food items are available every day				
MUNCHY MONDAY	TUESDAY DOGGY DAY	WEDNESDAY PIZZA PIZZAZ	THURSDAY INTERNATIONAL DAY	FRIDAY BURGER BLITZ
4 Chicken Nuggets and a mini corn cob <b>\$3.50</b> OR 2 Chicken Nuggets and a mini corn cob <b>\$2.50</b> 	Hot Dog <b>\$3.80</b> Half Hot Dog <b>\$2.10</b> Extras: Cheese 50c Pineapple 50c <b>Sauce no charge</b> 	Pizza Ham and cheese Ham, cheese and pineapple BBQ Chicken <b>\$4.30</b> 	Spaghetti Bolognese OR Fried Rice <b>\$4.30</b> 	Fillet O'Fish Burger with lettuce, cucumber and mayo OR Cheese Burger with cheese and tomato <b>\$4.30</b> 

#### Other Hot Food

<b>Mini Mouse Trap</b>	Small hot ham and cheese roll w/veggie sauce	<b>\$2.20</b>
<b>Mouse Trap</b>	Hot ham and cheese roll w/veggie sauce	<b>\$3.80</b>
<b>Pastries</b>	Light pies, veggie pasties, Potato top pies & sausage rolls. <b>Sauce no charge</b>	<b>\$4.00</b>
<b>Chicken Chilli Pocket</b>	Pita pocket with crumbed chicken, lettuce and sweet chilli sauce	<b>\$3.70</b>
<b>Farmyard Burger</b>	Chicken patty with lettuce, carrot and mayo	<b>\$4.30</b>
<b>Toasted sandwich</b>	Ham and cheese, baked beans and cheese, cheese and tomato	<b>\$3.00</b>

Sandwiches, Rolls and Wraps			
These items are all made using brown bread	Sandwich	Roll	Wrap
Buttered	<b>\$1.20</b>	<b>\$1.40</b>	<b>\$1.40</b>
Vegemite	<b>\$1.70</b>	<b>\$2.20</b>	<b>\$1.90</b>
Cheese and Ham	<b>\$2.70</b>	<b>\$2.90</b>	<b>\$3.00</b>
Grated Carrot and Cheese	<b>\$2.40</b>	<b>\$2.60</b>	<b>\$2.80</b>
Salad	<b>\$3.50</b>	<b>\$3.70</b>	<b>\$3.80</b>
Egg, Lettuce and Mayonnaise	<b>\$3.50</b>	<b>\$3.80</b>	<b>\$3.80</b>
Tuna, Cucumber and Mayonnaise	<b>\$3.50</b>	<b>\$3.70</b>	<b>\$3.80</b>
Chicken, Lettuce and Mayonnaise	<b>\$3.70</b>	<b>\$3.70</b>	<b>\$3.90</b>
Ham or Cheese Salad	<b>\$3.80</b>	<b>\$3.90</b>	<b>\$4.00</b>
Chicken Salad	<b>\$3.90</b>	<b>\$3.90</b>	<b>\$4.00</b>

#### Lunch Packs

Crunchy Bag 1 (cheese, carrot, biscuits)	<b>\$2.00</b>
Crunchy Bag 2 (includes boiled egg)	<b>\$2.40</b>
Salad Box 1 (tomato, Lettuce, cucumber, carrot)	<b>\$3.60</b>
Salad Box 2 (includes choice of ham, chicken, tuna or quiche)	<b>\$4.00</b>
Fruit salad	<b>\$3.40</b>

#### Extras

Sauce or Mayonnaise	<b>.10c</b>
Sauce sachet	<b>.20c</b>
Tomato, cheese, lettuce, gherkin, carrot, pickled onion, cucumber	<b>.50c each</b>
<b>Lunch Bags</b>	<b>3 for 10c</b>

#### Drinks/Juices

Plain Milk (200 ml)	<b>\$1.00</b>
Small Juice Orange, Apple or Blackcurrant and Apple	<b>\$2.20</b>
Spring Water (600ml)	<b>\$1.70</b>
Breaker Milk	<b>\$2.20</b>
Large Juice Orange or Apple or Berry	<b>\$2.50</b>
Oak Milk	<b>\$2.60</b>

#### Frozen Goods

Mini Calypo, Strawberry Dixie Cup, Vanilla Dixie Cup, Ice Mony	<b>\$1.00</b>
Icy Poles or Juices	<b>\$1.20</b>
Moosie	<b>\$1.50</b>
Krazi Crush (pear based, frozen drink)	<b>\$2.00</b>
Golden North Swings	<b>\$2.00</b>
Quelch or Zooper Dooper	<b>\$0.60</b>

#### Snacks

Cookies	<b>.60c</b>
Honey Oat Slice	<b>.80c</b>
Cheese Sticks	<b>\$1.00</b>
Fresh Fruit	<b>\$1.00</b>
Chocolate Custard	<b>\$1.00</b>
Fruit Muffins	<b>\$1.20</b>
Koala Popcorn / Veggie Chips	<b>\$1.50</b>