



BANKSIA BEACH STATE SCHOOL – CANTEEN MENU 2018

Order Online & Save Time!! Go To www.munchmonitor.com Its Easy



LITE BITES

Seasonal Fresh Fruit	\$1.00
Fruit Salad Bowl **	\$2.50
Apple Slinky <i>Fresh Apple Spiral</i>	\$1.20
Yummy Yoghurt <i>Vanilla or Berry</i>	\$1.50
Boiled Egg	80c
Tasty Cheese & Rice Crackers (GF)	\$1.00
Munch n Crunch – <i>Guacamole Dip</i>	\$1.50
<i>with Carrot Sticks Or Rice Crackers (GF)</i>	
Homemade Banana Bread **	\$1.50
Homemade Muesli Slice **	\$1.50
Homemade Fruit Muffin **	\$1.00
Popcorn <i>Plain Air Popped (GF)</i>	80c
Ajita Vege Chips – <i>BBQ or Chicken (GF)</i>	\$1.50



DAILY SPECIALS

MONDAY:	Dino Snacks 4 pieces	\$4.00
	<i>with Cherry Tomatoes</i>	
	<i>Carrot & Cucumber Sticks</i>	
TUESDAY:	Fresh Sushi **	\$3.50
	- Avocado	
	- Tuna	
	- Chicken Teriyaki	
	- Crunchy Chicken & Avocado	
WEDNESDAY:	Meatball Sub	\$4.50
	Add Cheese	50c
THURSDAY:	Hot Dog with sauce	\$3.50
	Add Cheese	50c



BENTO BOXES - \$5.00

First Break only **

1. Club Sandwich – Muffin, Yoghurt, Cheese & Crackers, Fruit Salad
2. Chicken Salad ½ Wrap – Muffin, Egg, Dip & Crackers, Fruit Salad

SANDWICHES, WRAPS & BURGERS

Vegemite or Honey	\$1.50
Cheese	\$2.00
Egg & Lettuce	\$3.00
Super Salad – Lettuce, Tomato, Carrot,	\$3.00
Cucumber & Beetroot	
Ham off the Bone or Free Range Chicken	\$3.00
Extras:	
Salad - (<i>Lettuce, Tomato, Cucumber</i>)	\$1.00
Cheese, Carrot, Beetroot	each 50c
Make it a Wrap	50c
Gluten Free Wrap	\$1.00
Chicken Tenders Wrap	\$5.00
<i>Lettuce, Tomato, Cucumber, Cheese & Mayo</i>	
Optional: <i>Sweet Chilli Sauce</i>	
Chicken Caesar Wrap **	\$5.00
<i>Lettuce, Bacon, Parmesan Cheese,</i>	
<i>Boiled Egg & Caesar Dressing</i>	
Beef Works Burger	\$5.00
<i>Lettuce, Tomato, Beetroot, Cheese & Sauce</i>	
Chicken Works Burger	\$5.00
<i>Lettuce, Tomato, Cucumber, Cheese & Mayo</i>	



SALADS

Crunchy Garden Salad **	\$3.50
<i>Lettuce, Tomato, Cucumber, Capsicum</i>	
<i>Carrot & Beetroot</i>	
Caesar Salad **	\$4.00
<i>Lettuce, Bacon, Parmesan Cheese,</i>	
<i>Croutons & Boiled Egg</i>	
Add: Ham-Chicken-Tuna-Corn-Egg	each \$1.00
Mexican Beef Tortilla Boat **	\$4.00
<i>Lettuce, Cheese, Tomato,</i>	
<i>Sour Cream and Guacamole</i>	



TOASTIES

Cheese	\$2.00
Cheese & Tomato	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.50
Chicken, Cheese & Mayo	\$4.00

HOT FOOD

Pasta Bolognaise <i>topped with cheese **</i>	\$3.50
Fried Rice w Bacon or Vegetarian (GF) **	\$3.50
Lite Beef Party Pie	\$1.75
Lite Sausage Roll	\$2.50
<i>Tomato or BBQ Sauce</i>	50c
Pizza – ½ <i>English muffin **</i>	\$2.00
Chicken & Cheese on BBQ Sauce	
Ham & Cheese on Tomato Sauce *Add Pineapple	
Cheesy Melt – ½ <i>Roll, Tomato Sauce, Cheese</i>	\$1.00

DRINKS & FROZEN TREATS

Water 350ml	\$1.00
Water 600ml	\$1.50
Popper Juice <i>Apple or Orange</i>	\$1.50
Breaka Flavoured Milk	\$2.50
<i>Chocolate, Strawberry or Banana</i>	
Frozen Juice ½ Stick	50c
Lemonade Icy Pole	\$1.50
Paddle Pops – <i>Chocolate or Rainbow</i>	\$1.50
Finding Dory Ice Cream	\$2.00
Frozen Twisted Yoghurt – Variety	\$3.00



Green – Best Choice, Eat Often
Amber – Eat only occasionally
GF – Gluten Free

** Made in the Canteen

HOW TO ORDER FROM THE CANTEEN

Munch Monitor

The preferred way to order from our canteen is using the online ordering system called Munch Monitor. To register your child, go to

www.munchmonitor.com

Enter Username: banksiabeach

Enter Password: munch4507

Click on 'Sign Up' and the follow the online prompts.



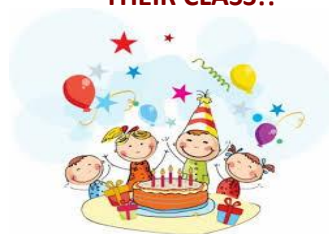
Munch Monitor is easy to use and convenient. Place lunch orders online up to 4 weeks in advance, avoid the queues at the canteen window and no fumbling around for cash in the morning. Any changes and surprise daily specials are always updated on Munch Monitor. The Canteen loves it when you use Munch Monitor as it saves our volunteers a huge amount of time.

Brown Bag System

If you are unable to order on-line there must be a separate bag for each child's order as well as each break. The bag must include the child's name, class and whether for 1st break (big lunch) or 2nd break (little lunch).

ORDERS FOR BOTH ON-LINE AND OVER THE COUNTER MUST BE RECEIVED NO LATER THAN 8.45AM

LET US TAKE THE HASSLE OUT OF ORGANISING YOUR CHILD'S BIRTHDAY CELEBRATION WITH THEIR CLASS!!



**Why not try a frozen treat!!
Fruit Juice Sticks, Icy poles or Paddle Pops**

Delivered to your child's classroom at 2nd break.

**Must be ordered one week prior.
Please see the canteen for more information.**

DID YOU KNOW? Our Canteen's primary aim is to offer quality food choices that children enjoy while fuelling them for their school day. Any funds raised are directed back to resourcing our school to support our students' learning.

Let us give you a break from the chore of making school lunches. While Canteen can be a treat, we are here to help all of our BBSS families by providing fresh, healthy, tasty and affordable lunches every day of the school year.

What is "Smart Choices"?

Banksia Beach State School Canteen strives to maintain the guidelines set out by Smart Choices, an initiative introduced by Education Queensland and Queensland Health, encouraging children to make healthy food and drink choices.

All items on this menu meet the guidelines of the Qld Government Smart Choices program and are also approved by the Qld Association of School Tuckshops.

OUR MENU has been scored a 5/5 Health Check by the Qld Association of School Tuckshops. Now that's a Thumbs Up!!



Our Volunteers play a vital role in the operation of the Canteen. If you would like to volunteer, even for an hour or so during the busy times please drop by or email canteen@banksiabeachss.eq.edu.au or contact Sally the Canteen Convenor on Ph: 3408 5358 . Any help is greatly appreciated.

**Canteen Operates Monday to Friday
from 8.30am to 2pm**