



# BANKSIA BEACH STATE SCHOOL – CANTEEN MENU 2017

Order Online & Save Time!! Go To [www.munchmonitor.com](http://www.munchmonitor.com) Its Easy



## LITE BITES

Seasonal Fresh Fruit	\$1.00
Apple Slinky <i>Fresh Apple Spiral</i>	\$1.20
Yummy Yoghurt <i>Vanilla or Berry</i>	\$1.50
Tasty Cheese & Rice Crackers	\$1.00
Homemade Fruit Muffin 	\$1.00
Popcorn <i>Plain Air Popped</i>	80c
Boiled Egg	80c
Munch n Crunch – <i>Guacamole Dip with Carrot Sticks or Rice Crackers</i>	\$1.50



## TOASTIES

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

## DAILY SPECIALS

**MONDAY:** **Dino Snacks 4 pieces** \$4.00  
*with Cherry Tomatoes, Carrot & Cucumber Sticks*

**TUESDAY:** **Fresh Sushi**  Avocado, \$3.50  
Tuna, Chicken Teriyaki or  
Crunchy Chicken & Avocado  
*w Japanese Mayo & Soy Sauce*





**WEDNESDAY:** **Baked Potato with**  
*Sour Cream and Cheese* \$3.50  
*Add Mexican Beef*  \$1.50  
*Add Crunchy Coleslaw*  50c

**THURSDAY:** **Hot Dog with sauce** \$3.50  
**Add Cheese** 50c

Green – Best Choice, Eat Often  
Amber – Eat Only Occasionally

## SANDWICHES, WRAPS & SALADS


Sandwich <i>Vegemite or Honey</i>	\$1.50
Cheese Sandwich	\$2.00
Egg & Lettuce Sandwich	\$3.00
Fresh Ham or Chicken Breast	\$3.00
Add Salad & Mayo 	50c
<i>Lettuce, Tomato &amp; Cucumber</i>	
Super Salad Sandwich – <i>Lettuce, Tomato,</i>	\$3.00
<i>Carrot, Cucumber, Beetroot &amp; Mayo</i>	
Make it a Wrap	extra 50c
Gluten Free Wrap	extra \$1.00

Chicken Tenders Wrap \$5.00  
*Lettuce, Tomato, Cucumber, Cheese & Mayo*  
Optional: *Sweet Chilli Sauce*  
Chicken Caesar Wrap  \$5.00  
*Lettuce, Bacon, Parmesan Cheese,*  
*Boiled Egg & Caesar Dressing*

Fresh Crunchy Garden Salad \$3.50  
*Lettuce, Tomato, Cucumber, Carrot & Beetroot*  
Caesar Salad – *Lettuce, Bacon, Croutons,*  
*Parmesan Cheese & Boiled Egg* \$4.00  
Caesar Salad *with Chicken Breast* \$5.00

Extras:  
Chicken Breast, Ham, Tuna or Corn \$1.00  
Cheese, Carrot, Beetroot 50c  
Boiled Egg 80c

## TORTILLA BOATS

Mexican Beef - *Lettuce, Cheese, Tomato,* \$3.50  
*Sour Cream and Guacamole*  
Chicken Salad - *Chicken Breast, Lettuce,*  
*Tomato, Corn, Cucumber, Capsicum*  
*& Ranch Dressing* 

GF – Gluten Free

## HOT FOOD

Pasta Bolognese <i>topped with cheese</i> 	\$3.50
Fried Rice w Vegies GF 	\$3.50
Fried Rice w Ham & Vegies GF 	\$3.50
Beef Works Burger 	\$5.00
<i>Lettuce, Tomato, Beetroot, Cheese &amp; Sauce</i>	
Chicken Works Burger	\$5.00
<i>Lettuce, Tomato, Cucumber, Cheese &amp; Mayo</i>	
Pizza – <i>½ English muffin</i> 	\$2.50
<i>Chicken &amp; Cheese on BBQ Sauce or</i>	
<i>Ham &amp; Cheese on Tomato Sauce - Add Pineapple</i>	

Lite Beef Party Pie \$1.50  
Lite Sausage Roll \$2.50  
*Tomato or BBQ Sauce* 50c

## DRINKS

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 TREATS

Frozen Juice <i>½ Stick</i>	50c
Lemonade Icy Pole	\$1.50
Paddle Pops – <i>Chocolate or Rainbow</i>	\$1.50
Finding Dory Ice Cream	\$2.00

## MEAL DEALS

**Choose between:**  
**Ham, Cheese and Salad Sandwich or** \$5.00  
**Fried Rice + Fresh Fruit or Muffin**  
**+ 350ml Water or Popper Juice**

 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](http://www.munchmonitor.com)

Enter Username: banksiabeach

Enter Password: munch4507

Click on 'Sign Up' and then 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 1<sup>st</sup> break (big lunch) or 2<sup>nd</sup> break (little lunch). All orders must be received over the counter before 9am.

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 2<sup>nd</sup> 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 Tuckshop 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](mailto:canteen@banksiabeachss.eq.edu.au) or contact Sally the Canteen Convenor on Ph: 3408 9044. Any help is greatly appreciated.

Canteen Operates Monday to Friday  
from 8.30am to 2pm