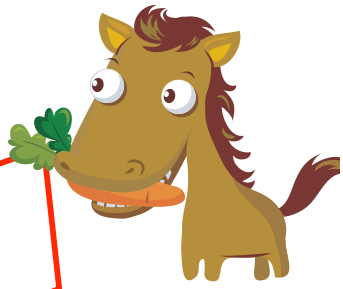
SUNNYNOOK PRIMARY SCHOOL
CANTEEN MENU

THURSDAY, FRIDAY ONLY



Healthy Eating – Healthy Action (HEHA)

COMBOS

INCLUDES A DRINK (MILK, JUICE OR BOTTLED WATER), FRUIT AND A SNACK ITEM

A.	Ham and Cheese Sandwich (*toasted or plain*)	$5.50
B.	Hotdog – Frankfurter in a bun with sauce	$5.50
C.	Pizza – Hawaiian or Italiano (*Spaghetti & Cheese*)	$5.50
D.	Small Pie	$5.50
E	Noodles: Chicken	$5.50

HOT FOOD	
Toasted Sandwich – Ham or Spaghetti with Cheese	$2.50
Pizza - Hawaiian	$2.50
Pizza - Italiano (*Spaghetti Cheese)*	$2.50
Macaroni Cheese or Spaghetti Bolognese	$3.50
Hotdog: Frankfurter in bun with sauce	$2.50
with cheese	$2.80
Nachos (chips, cheese and sauce)	$3.00
Noodles - Chicken	$2.50
Large Pie: Mince & Cheese,	$2.00
Small Pie: Mince, Mince & Cheese, Chicken or Apple	$2.50
COLD FOOD	
Sandwiches: Ham, Cheese, Chicken 1 filling	$2.00
2 fillings	$2.30
Marmite or Nutella Sandwich	$1.00
FROZEN	
Bulla Yogurt Pottle	$2.60
Go-Gurt Yogurt Tubes	$1.20
Joosicles – assorted flavors	$1.20
Moojoos (milk freeze) Chocolate or Strawberry	$1.50
Berri Ice-Sticks or Smoothies	$1.00

SNACKS		
Popcorn		$1.00
Vege Chips	Small	$0.50
	Large	$1.50
Corn Chips		$1.50
ENZA Fruit Hitz (liquid fruit snack)		$1.20
Sliced apple in a bag		$1.50
Fruit in Juice – with a spoon		$1.00
Small Cookie - assorted		$1.00
Muffins		$1.40
Rice Snack		$1.00
DRINKS		
Mineral Water 500ml		$1.50
300ml Fresh Milk		$1.30
Fresh Milk including Sipahh straw		$1.80
Calci-Yum Milk – Chocolate		$1.80
Assorted Drinks		$1.50

To be healthy, children need:

- Many different kinds of food (a variety of foods from the four food groups every day)
- Enough food for activity and growth
- Mini-meals or snacks during the day
- Plenty to drink
- Treat foods now and then