



BENOWA STATE SCHOOL PROUDLY SUPPORTS OUR ...



HEALTHY CHOICES MENU

BREAKFAST

Cup of Milk	\$ 0.80
Milo	\$ 1.20
Fresh Muffin	\$ 2.00

MEAL DEALS

A Brekkie Deal	
Muffin & Cup of Milk	\$ 2.00
B Cheese & Ham Sandwich, Muffin +	
Small Water/Plain Milk	\$ 5.00
C Ham & Salad Sandwich,	
Muffin + Flavoured Milk	\$ 6.00

HOT FOOD

Garlic Bread (V)	\$ 1.00
Sausage Roll	\$ 2.50
Spinach & Ricotta Roll (V)	\$ 2.50
Pizza (Hawaiian, BBQ Chicken,	
Marguerite (V)	\$ 3.00
Hot Dog	\$ 3.00
Hot Dog + Cheese	\$ 3.50
Spaghetti Bolognese	\$ 3.50
Butter Chicken	\$ 3.50
Nacho	\$ 4.00
Chicken OR Beef Burger	\$ 4.50
Chicken Schnitzel Roll	\$ 4.00

SNACKS

Jelly Cup with Fruit	\$ 1.00
Popcorn/Jumpy's	\$ 1.00
JJ/Red Rock Chips (Plain/Honey Soy)	\$ 1.20
Cheese + Crackers	\$ 1.50
Muffin (Choc Chip, Berry or Banana)	\$ 2.00
Fresh Fruit Box	\$ 2.00

HAPPY BIRTHDAY SLUSHIE FOR CLASS \$1.00 each

Tuckshop Bag	\$ 0.10
Sauce (Tomato, BBQ, Caesar, Soy)	\$ 0.20

*(V) denotes Vegetarian Option

SANDWICHES & WRAPS

*All made on wholemeal unless white is requested. Please add 50c for wrap, roll or toast

Butter	\$ 1.00
Vegemite/Jam/Honey (V)	\$ 2.00
Cheese OR Ham	\$ 2.50
Cheese + Ham	\$ 3.00
Egg + Lettuce (V)	\$ 3.00
Salad (V)	\$ 3.50
Ham + Salad	\$ 4.00
Chicken + Salad	\$ 4.00
Chicken + Avocado	\$ 3.50

SALAD BOX

Caesar Salad (V)	\$ 4.50
Garden Salad (V)	\$ 4.50
Caesar Salad with Chicken	\$ 5.00
Garden Salad with Chicken	\$ 5.00
Garden Salad with Egg (V)	\$ 5.00

DRINKS

Plain Milk (300ml)	\$ 1.00
Water (small)	\$ 1.00
Water (large)	\$ 1.50
Pop Tops Fruit Juice -	
Apple, Orange, Apple Blackcurrant	\$ 1.60
Flavoured Milk/Up n Go	
Choc, Strawberry, Vanilla, Banana	\$ 2.00

ICE TREATS

Frozen Orange	\$ 0.20
Fruitie Ice	\$ 0.50
Ice Mony	\$ 0.80
Sour Ice Stick	\$ 1.00
Sorbet - Pomegranate & Mango	\$ 2.50
Sorbet - Chocolate & Coconut	\$ 3.30
Slushie	\$ 1.50
Twist Yoghurt	\$ 2.50

Sushi (every Tuesday only, pre-orders Monday please) -
Teriyaki, Chicken + Avocado, Tuna or Veg (V) \$ 3.00

Online Ordering via www.flexischools.com.au OR hotline 1300 361 769
VOLUNTEERS ALWAYS WELCOME AND MUCH LOVED!