



BENOWA STATE SCHOOL PROUDLY SUPPORTS OUR ...



# HEALTHY CHOICES MENU

## BREAKFAST

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

## MEAL DEALS

<b>A</b> Brekkie Deal	
Muffin & Cup of Milk	\$ 2.00
<b>B</b> Cheese & Ham Sandwich, Muffin + Small Water/Plain Milk	\$ 5.00
<b>C</b> Ham & Salad Sandwich, Muffin + Flavoured Milk	\$ 7.00

## HOT FOOD

Garlic Bread (V)	\$ 1.00
Sausage Roll	\$ 2.50
Spinach & Ricotta Roll (V)	\$ 2.50
Pizza (Hawaiian, BBQ Chicken, Marguerite (V)	\$ 3.50
Hot Dog	\$ 3.00
Hot Dog + Cheese	\$ 3.50
Spaghetti Bolognese (GF option \$5)	\$ 4.00
Butter Chicken	\$ 4.00
Nacho (GF option \$5)	\$ 4.50
Chicken OR Beef Burger	\$ 4.50
Chicken Schnitzel Roll	\$ 4.50

## 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	\$ 2.50

## HAPPY BIRTHDAY SLUSHIE FOR CLASS \$1.00 each

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

\*(V) denotes Vegetarian Option (GF) gluten free

## 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)	\$ 4.00
Ham + Salad	\$ 4.50
Chicken + Salad	\$ 4.50
Chicken + Avocado	\$ 4.00

## SALAD BOX

Caesar Salad	\$ 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 Flavoured Milk/Up n Go	\$ 1.60
Choc, Strawberry, Vanilla, Banana	\$ 2.00

## ICE TREATS

Frozen Orange	\$ 0.20
Fruitie Ice	\$ 0.50
Ice Mony	\$ 1.00
Sour Ice Stick	\$ 1.00
Sorbet - Pomegranate & Mango	\$ 2.50
Sorbet - Chocolate & Coconut	\$ 3.50
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](http://www.flexischools.com.au) OR hotline 1300 361 769  
VOLUNTEERS ALWAYS WELCOME AND MUCH LOVED!