

# Milton Public School

## Summer Canteen Lunch Menu

### Term 1, 2023

Milton Public School Canteen is a "Healthy School Canteen" with a minimum of 75% of "everyday foods" (\*) included on every menu.

#### BEFORE SCHOOL

- \* Fresh Fruit
- \* Toast



Free  
Free

#### SNACKS available at RECESS ONLY

- \* Pasta Cups **\$1.50**
- \* Pizza Bread Slice **\$1.50**

#### SNACKS Available at RECESS & LUNCH

- \* Fresh Fruit—prices will vary with season (Red/green apple, orange, mandarin, pear, banana)
- \* Slinky apples (your apple-free) OR Buy an apple **\$1.00**
- \* Fresh Fruit Salad Cup (seasonal) **\$1.50**
- \* Watermelon Cup **\$1.50**
- \* 5 Finger Snack with Hommus (Sticks of carrot, celery, cucumber, apple, low fat cheese) **\$2.00**
- Mini Muffins (vanilla or fruit) **.50c**
- \* Wholemeal Cracker Biscuits (each) **.10c**
- \* 5 Cracker Biscuits & Cheese (5 pieces—Wholemeal biscuit & low fat cheese) **\$1.50**
- Red Rock Deli Chips (Sea Salt) **\$1.50**
- Grain Waves (Sour Cream and Chives) **\$1.50**
- \* Popcorn—plain (Air popped) **\$1.00**
- \* Garlic Bread **\$1.00**
- \* Cheesy Garlic Bread **\$1.50**
- \* Custard Cup **\$1.00**



#### FROM THE FREEZER

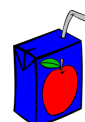
##### Available at LUNCH ONLY

- \* Quelch Fruit Juice Tubes **\$1.00**
- \* Frozen Pineapple Ring **.50c**
- \* Moosies (Choc) **\$1.50**
- \* Juicies Tubes (Various flavours) **\$1.50**
- \* Ice Mony (TNT)—Freeze Pops (Various flavours) **\$1.00**
- Twisted Frozen Yoghurt (Various flavours) **\$2.00**
- Snapstix (Various flavours) **\$1.00**

#### DRINKS

##### Available BEFORE SCHOOL, RECESS & LUNCH

- \* Bottled Spring Water (600ml) **\$1.30**
- \* Juice (250ml) **\$2.00**  
(Apple & Blackcurrant, Apple, Orange)
- \* Moove Milk—Reduced Fat (300ml) (Chocolate or Strawberry) **\$2.50**
- \* Cold Milo (Reduced Fat Milk) **\$1.50**
- \* Milk Cup (Reduced Fat) **\$1.00**
- \* Warm Milo **\$1.50**
- \* Juice Bombs (Watermelon, Apple/Raspberry, Grape, Orange/Passionfruit, Apple/Blackcurrant, Apple/Coola, Vanilla/Lime) **\$2.50**
- \* Glee Juice Bubbles (Tropical, Raspberry, Bubblegum/Grape, Blackcurrant, Sour Watermelon, Sour Blueberry) **\$2.50**
- \* Up & Go (Choc, Strawberry, Banana, Vanilla) **\$2.00**
- \* Dairy Free Up & Go (Chocolate) **\$2.00**



SKIP THE CANTEEN LINE WITH



1. DOWNLOAD THE MY SCHOOL CONNECT APP
2. SELECT MY SCHOOL TUCKSHOP
3. ORDER YOUR LUNCH
4. SKIP THE QUEUE!



WWW.MYSCHOOLCONNECT.COM.AU  
MY SCHOOL CONNECT HAS A 7 DAY A WEEK SUPPORT LINE, CONTACT 1300 030 915

#### Online Ordering

When ordering online make sure you look for the order confirmation.



Your Order Has Been Processed!

These prices are valid from Tuesday 31 January 2023

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#### SALAD

- \* Salad Bowl \$3.50  
(Fresh Garden Salad)
- \* Creamy Pasta Salad Bowl \$3.50  
(Pasta, mayo, carrot, celery, capsicum)  
Add Chicken or Tuna or Ham Add \$1.00

#### SANDWICH OR ROLL OR WRAP

|                           | Sandwich | Roll or Wrap |
|---------------------------|----------|--------------|
| * Salad                   | \$4.00   | \$4.50       |
| * Salad & Chicken         | \$5.00   | \$5.50       |
| * Salad & Ham             | \$5.00   | \$5.50       |
| * Salad & Tuna            | \$5.00   | \$5.50       |
| * Salad & Egg             | \$5.00   | \$5.50       |
| * Salad & Cheese          | \$4.50   | \$5.00       |
| * Chicken, Lettuce & Mayo | \$4.50   | \$5.00       |
| * Ham & Cheese            | \$4.00   | \$4.50       |
| * Ham, Cheese & Tomato    | \$4.00   | \$4.50       |
| * Egg, Lettuce & Mayo     | \$4.50   | \$5.00       |
| * Vegemite & Cheese       | \$3.50   | \$4.00       |

Why not have your sandwich or wrap toasted — add 30c

Please select from White, Wholemeal or Wholegrain bread, roll or wrap

- \* **Gluten Free Bread** available - add \$1.00 per sandwich
- \* **Our Oven Roasted sliced chicken** is Gluten Free



#### HOT FOOD

##### Lunch orders only

- Fish Burger \$5.00  
(Crumbed fish fillet, lettuce, mayo)
- Chicken Burger \$5.00  
(Crumbed chicken, lettuce, BBQ or tomato sauce or mayo)
- Chicken Tenderloin Wrap \$4.50  
(Crumbed chicken tenderloin, lettuce & mayo)
- Beef Burger \$5.00  
(Beef patty, lettuce, cheese, tomato & your choice of BBQ or tomato sauce)
- Mini Beef Pie (lite) \$1.50
- Sausage Roll \$3.00
- 4 Chicken Dippers \$4.00
- \* BBQ Chicken Pizza Single \$4.50  
(Pasta sauce, chicken, low fat cheese, BBQ sauce on thin crust)
- \* Ham and Cheese Pizza Single \$4.50  
(Pasta sauce, ham and low fat cheese on thin crust)
- \* Ham, Cheese & Pineapple Pizza Single \$4.50  
(Ham & Cheese pizza single with pineapple)
- \* Beef Lasagne \$4.00
- Twista Pasta Bolognese \$4.00
- \* Beef Lasagne (Gluten Free) \$4.50
- \* Fried Rice (Gluten Free) \$4.00
- \* Mac & Cheese \$4.00
- \* Mac & Cheese (Gluten Free) \$4.50
- \* Meatball Sub \$5.00  
(Meatballs in Bolognese sauce & cheese)
- \* Sauce (Tomato, BBQ, Sweet & Sour) .40c

#### CANTEEN HELPERS

If there are any parents, grandparents or friends, who may have a couple of hours to spare, who would like to assist in the canteen could you please contact Ella either at the canteen or by phoning the school on 4455 1504. Volunteers usually help from 9:30am to 1:40pm, though we would appreciate any time you can spare. The roster is usually on a 4 week cycle Parents are reminded of their day in the weekly Parent News. If you are unable to make your day please contact Ella.

**MONTHLY MEAL DEALS NOW AVAILABLE. CHECK THE WEEKLY PARENT NEWS FOR DETAILS.**

**AVAILABLE THROUGH MY SCHOOL CONNECT ONLINE ORDERING OR ORDER AT THE CANTEEN.**



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