

# SNOWTOWN NEWSAGENCY

## 2023 SCHOOL LUNCHES MENU

**\* AVAILABLE MONDAY, WEDNESDAY & FRIDAY \***

<b>Item</b>	<b>Category</b>	<b>Price</b>
<b><u>Pizza single</u></b>		
Bacon and Cheese	Amber	\$3.00
Ham and Pineapple	Amber	\$3.00
<b><u>Pastries etc</u></b>		
Mrs Macs Pie (Good eating)	Amber	\$4.00
Mrs Macs Snack Pie (Good eating)	Amber	\$2.00
Mrs Macs Sausage Roll (Good eating)	Amber	\$3.00
Mrs Macs Pasty (Good eating)	Amber	\$4.00
Lasagna	Green	\$5.00
<b><u>Toasted Sandwiches</u></b>		
Wonder White (high fibre)		
Cheese	Green	\$3.00
Ham	Green	\$3.00
Ham & Cheese	Green	\$3.50
Ham, Cheese & Tomato	Green	\$4.00
<b><u>Drinks/Ice-creams</u></b>		
Big M 250ml - Chocolate/Strawberry	Green	\$2.50
Orange or Blackcurrant/Apple Juice 250ml	Green	\$2.50
Strawberry/Chocolate/Banana Swings 85ml	Green	\$2.00
Fruit Juice Ice Block	Green	\$1.00

**\*\* REMINDER - Tuesday and Thursday are heat up lunch days at school \*\***



# HEALTHY EATING & LUNCH ORDERS

We are pleased to announce that Snowtown Newsagency will provide lunch orders this year from the menu provided on the other side of this information. They will be the sole provider of lunches to students.

There will be no canteen provided at the school. Students will be able to order drinks and other snack items through the lunch order system.

Also, students will not be given permission to leave the school grounds to buy lunches. It will be expected that if they wish to buy lunch then they will need to do so using the lunch order process provided at school.

The information below shows categories of food according to the right bite Food and Drink Spectrum. Our school will be providing food according to this strategy. We also encourage families to support this strategy as much as possible through their choices for students' food and drinks while at school.

## **CHOOSE PLENTY – the GREEN category**

The best choices for schools and preschools. They include:

Breads, cereals, rice, pasta and noodles

Vegetables and legumes

Fruit

Dairy foods – reduced or low fat milk, yoghurt and cheese

Lean meat and poultry, fish, eggs, nuts and legumes (dried beans and lentils)

Water

Include a wide variety. These are tasty, fresh and good value for money choices

## **SELECT CAREFULLY – the AMBER category**

These are mainly those that have had some fat, sugar or salt added to them and water removed during processing.

These can be convenient foods but they should not dominate – choose healthier options instead and reduce the number of AMBER foods.

Large serving sizes should be avoided

AMBER foods should be served with extra vegetables and fruits

## **OCCASIONALLY – the RED category**

These foods and drinks are not essential for a healthy diet and are banned from sale at school canteens and preschools.

They are outside of the foods recommended by the Dietary Guidelines for Children and Adolescents in

Australia and are based on the 'extra' foods as defined by the Australian Guide to Healthy Eating

These include items such as sugar and artificially sweetened drinks, confectionery, deep fried foods, snack foods like crisps, chips and biscuits, chocolate coated and premium icecreams, icy poles and ice crushes (unless 99% fruit juice), cakes, muffins sweet pastries, slices, croissants, doughnuts