Kearsley Public School “Healthy Kookaburra” Summer Menu 2012

WRAPS $  
Salad 2.50  
Chicken, Lettuce & Mayo 2.60  
Chicken, Salad w/wo cheese 2.90  
Ham, Salad w/wo cheese 3.30  
Ham, Pineapple and Cheese 3.30

SALAD MEALS $  
Salad Tub 3.50  
Salad Plate 4.00  
With chicken plus 0.70  
With ham plus 1.00  
Chicken Balls (6) and Salad in tub 4.50

BURGERS and ROLLS $  
Chicken Burger, Lettuce &Mayo 2.30  
Chicken & Gravy Roll 2.40

BREAD ROLLS $  
Vegemite 0.60  
Strawberry Jam .70  
Cheese .90  
Chicken 2.00  
Chicken Lettuce & Mayo 2.30  
Ham 2.70  
Ham Cheese and Pineapple 3.30

HOT FOOD $  
Lean Beef Party Pie 1.30  
Lean Sausage Roll 1.30  
Ham & Pineapple Pizza 1.80  
Noodles (Beef / Chicken) 1.90  
Lean Beef Pie 2.00  
Chicken Balls (6/serve) 2.60

SNACK FOODS $  
Plain Rice Cake .05  
Rice Cake & Vegemite 10  
Jelly Shot 10  
Strawberry / Mango Puddings 40  
Popscorn 50  
Custard Cup 60  
Sultanas 70  
Hello Pandas 80  
Ovalteenies 80  
Grain Waves - Sour Cream & Chives 1.00  
Grain Waves - Sweet Chilli 1.00  
Fruitelicious - Peaches & Pears 1.00  
Fruitelicious - Fruit Salad Cherry 1.00  
Red Rock Chips - Sea Salt 1.00  
Red Rock Chips - Honey Soy 1.00  
Low Fat School Finger Bun 1.20  
Low Fat Muffin - Apple & Cinn. 1.20  
Low Fat Muffin - Blueberry 1.20  
Low Fat Muffin - Chocolate 1.20

ICE BLOCKS $  
Safari Pops 10  
Lite Vanilla Icecream Tub 1.00  
Calippo Mini 1.00  
Paddle Pop Moo - Choc/Vanilla 1.40  
Paddle Pop Moo - Sberry M'shake 1.40

Notes:  
Salads - Are REALLY good 4 you!  
Sauce - BBQ or Tomato  
20c/sachet serve.

Childrens’ classes  
(eg 5/6P), not a grade, must be written on lunch orders please.

And every  
Now and Then...  
Completely Wicked  
Meal Deals  
including “Red” stuff  
because even healthy kookaburras still like “sometimes” food!  
(a note will come home beforehand)

DRINKS $  
Plain Milk .80  
Bottled Water 1.10  
Juice - Apple, Orange, Or/Passion 1.20  
Calcium Milk - Choc, Strawb, Banan 1.20

How about FRUIT?  
as available  
20c - 50c

Kid’s classes - Choose your family  
and come home at the same time.

FRUIT & VEG BOXES $  
(KPS P&C / Cancer Council Initiative)  
1- Small Mixed Fruit and Veg 22.00  
2- Large Mixed Fruit and Veg 32.00  
3- Fruit only 27.00  
4- Veg only 27.00

Note: Fruit and Veg (FAV) Box Orders must include parent’s best contact phone number for delivery day (Wednesday 3pm).

Call our FAV coordinator for further details on mob. 0429019705.