Samson Primary P & C Canteen Committee have developed a policy to provide healthy lunch choices at affordable prices.

We are traffic light compliant: Green being an ‘everyday choice’ and Amber being a ‘sometimes choice’.

**Samson Healthy Eating Programs**

**Crunch & Sip** is a set break to eat fruit or salad vegetables and drink water in the classroom. Students re-fuel with fruit or vegetables during the morning or afternoon, assisting physical and mental performance and concentration in the classroom.

**School Garden and Cooking program**

Our students use the fresh produce from the garden to make healthy food in class activities. Fresh eggs are produced by the chickens for use in the canteen and cooking from Kindy to Year 6. Our students develop a greater understanding of how fruit and vegetables grow and how to enhance their flavour when cooking.

**Our canteen menu supports these healthy eating programs for our students.**

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**Sumson Primary P & C Canteen**

**Winter Menu**

Open from 23rd May 2016

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**Filling in an Order**

Lunch order bags can be found in the classroom lunch basket.

Please use a pen to write your child’s name, room number and lunch order on the order bag. (no frozen or recess items)

All lunch orders are placed in the classroom lunch order basket with the money. Change will be provided if needed.

Students take the lunch basket to the canteen in the morning before 9am. If late to school, and the lunch basket has already been taken please take order directly to the canteen.

**No orders after recess**

Students will be provided a vegemite or cheese sandwich.

If you would like to volunteer in the canteen please call Mel on 9314 1147 or drop in and put your name on the roster.

The P & C use the profit from the canteen to benefit our students.