



- 50c slinky apple
- 50c popcorn bags
- 50c pikelet
- \$1 zoo poo
- \$1.5 chicken drummy

DRINKS

- \$1 milk cup
- \$1 water
- \$1.5 warm milo



POPULAR LUNCH ITEMS

SANDWICHES wholemeal bread

- \$2.5 vegemite
- \$3 cheese
- \$3 ham**
- \$3.5 ham & cheese
- \$3.5 egg & salad
- \$4 ham & salad
- \$4 chicken & salad



TOASTIES wholemeal bread

- \$3.5 cheese
- \$4 ham & cheese

MELTS turkish bread rolls

- \$5 chicken & cheese, spinach
- \$6 + added avocado, sundried tomatoes

- \$3.5 **PASTA CUP** (GF Available)
7 veg sauce + cheese

LUNCHBOXES

- \$4 **Little** - 1/2 sandwich, pikelet, fruit or veg pieces, bag of popcorn
- \$5 **Big** - sandwich, pikelet, fruit or veg pieces, bag of popcorn

DRINKS

- \$1 water
- \$2 juice box** - oj, apple, or app&blkcrt

AFTER LUNCH TREATS

- \$1 icypole - flavours vary



the little lunchbox

packed with goodness

SPECIAL MENU ITEMS

Please see our NEW daily specials on The Little Lunchbox @ Samson Primary FB page, The Little Lunchbox noticeboard (located in the Year 1 quadrangle) or at the canteen Wed-Fri mornings.

Last semester, students and staff of Samson embraced and supported our Pop Up and Special Event Days Menus.

This Term we have decided to go a step further and create a "SPECIALS MENU". A weekly theme or special event will inspire ideas for the food items on offer.

As always, as many items as possible will be rated **GREEN** and full of vegetables or fruit. However, even though we use wholemeal flour, fruit, raw or little sugar and sometimes even hidden vegetables in our baked items they are generally rated as **AMBER**. No **RED** items will be sold.

Please speak to us about any special dietary requirements for your child/ren.

Crunch&Sip

Eat a Rainbow of Vegetables Everyday for Crunch&Sip!

Different coloured vegetables and fruit provide different vitamins, minerals and phytonutrients. Eat from across the rainbow to get the right balance of nutrients for good health. Some great options for Crunch&Sip include:



Red - red capsicum, cherry tomatoes

Orange and yellow - carrot, yellow tomatoes, corn, yellow and orange capsicum

Green - celery, cucumber, snow peas, sugar snap peas, broccoli, green capsicum, spinach, zucchini

Blue and purple - purple carrot, purple cabbage, beetroot

White and brown - cauliflower, mushroom

FACTION CARNIVAL 2018 – Track Day Thursday 6th September

The Canteen Committee would like ideas from the Samson Community for this year's Faction Carnival Menu. Please make your healthy suggestions on this form and pop it in the P&C dropbox in the front office by Week 4. The most popular food items that we can make in large quantities will be chosen.