FARM COVE INTERMEDIATE SCHOOL
CANTEEN MENU

Healthy Eating – Healthy Action (HEHA)

HOT FOOD	
Toasted Sandwich – Ham and Cheese	$2.80
Toasted Sandwich – Spaghetti and Cheese	$2.80
Pizza – Hawaiian or Italiano (Spaghetti)	$3.00
Chicken Nuggets x 4 with Sauce	$3.00
Macaroni Cheese Meal	$3.80
Potato Wedges (oven baked)	$3.50
Quiche: Bacon or Vegetarian	$3.20
Metro Wrap: Butter Chicken, Mince & Cheese	$3.50
Hotdog: Frankfurter in bun with sauce	$2.80
with cheese	$3.20
Noodles – Chicken or Spicy	$2.80
Chickendog – Nuggets, Lettuce & Mayo	$2.80
Cheese Garlic Bun	$1.50
Apple Pie	$2.20
COLD FOOD	
Ham or Chicken Salad Wrap Half $2.00 Full	$4.00
Sandwiches: Ham, Cheese, Chicken, Egg –1 filling	$2.50
2 fillings	$2.80
3 fillings	$3.00
FROZEN	
Bulla Yogurt Cup	$3.00
Yogurt Stick	$1.80
Joosicles **(not for morning tea sales)**	$1.20

SNACKS	
Fresh Fruit From	$0.60
Muffins	$1.50
Small Cookie – Assorted	$1.00
Vege Crisps	$1.50
Popcorn	$1.00
Assorted Snacks	$1.00
DRINKS	
Mineral Water 500ml	$1.50
Assorted Juice from	$1.50

Monday	Mince Pie	$2.80
Tuesday	BBQ Beef Nugget Roll	$2.80
Wednesday	Potato Top Pie	$2.80
Thursday	Chickendog	$2.80
Friday	Nacho meal	$3.60

To be healthy, children need:

- Many different kinds of food (a variety of foods from the four food groups every day)
- Enough food for activity and growth
- Mini-meals or snacks during the day
- Plenty to drink
- Treat foods now and then