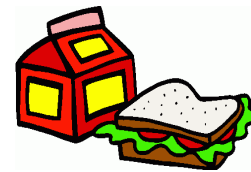




MILING PRIMARY SCHOOL

LUNCH ORDER LIST



Lunch orders are available every day of the week and are kindly made up at Miling General Store.

This lunch order list has been colour coded to reflect the WA Health Traffic Light System for food categorisation to identify and promote healthy foods and drinks.

GREEN – the healthiest choices. They are excellent sources of important nutrients needed for health and wellbeing, and low in saturated fat, added sugar and salt, and are lower in energy density.

AMBER – should be carefully selected and eaten in moderation. They have some nutritional value but contain some levels of saturated fat, added sugar and/or salt

RED – should only be eaten occasionally. They are energy dense and nutrient poor foods and drinks that can be high in saturated fat, sugar and/or salt.

Hot Food

★ Sausage Roll	\$3.50
★ Pie	\$4.80
★ Sauce	40c
★ Hash browns	90c
★ Mini Pizzas	\$3.10
★ Chicken chilli strips	\$2.40

Drinks/Yoghurt

★ Flavoured milk 340ml (choc, strawberry, banana, mint)	\$3.50
★ Juice (100%) 350ml (orange, apple)	\$3.50
★ Juice (26%) 250ml (30% less sugar) (apple, apple & blackcurrant)	\$2.95
★ Yoghurt (sml flavoured)	\$2.20

Sandwiches

★ Ham and cheese (toasted)	\$5.60
★ Cheese (toasted)	\$4.50
★ Chicken and cheese (toasted)	\$6.80
★ Ham and cheese	\$5.00
★ Ham and salad	\$6.80
★ Chicken	\$5.60
★ Chicken and salad	\$7.20

