As the new school year begins it is timely to remind parents that due to food hygiene standards and OH&S concerns, the canteen does not reheat student’s food brought from home or prepare 2 minute noodles for students.

Canteen Menu

PLEAS NOTE that margarine or butter are NOT used on sandwiches and rolls and that wholemeal bread is the standard used for sandwiches. If your child would like white bread or margarine please remember to specify that on their lunch order.

**NEW**

Sweet Chilli Chicken Tenders
$1.40 ea

GLUTEN FREE Chicken Tenders $1.40 ea

Helpful tips for parents/ carers

The following websites have some very informative and useful ideas to help make preparing school lunch boxes easier, more affordable and interesting for the kids.

http://www.healthykids.nsw.gov.au
http://www.heartfoundation.org.au

Also, in Week 8, Friday March 20th, the Cancer Council will be making a special presentation to parents about healthy lunchbox options. Everyone is invited and welcome to attend – showbag goodies will be given out.

In the hot weather, always remember to pack lots of water and a cold/ frozen ice brick in children’s lunch boxes.

Please remember to include 10c for a lunch bag if you need one and check the current pricelist for changes in menu items and cost.

Be Snack Aware!

(Allergy Awareness)

Did you know that many pre-packaged snacks that we parents commonly pack for our children’s recess and lunch can contain nuts? While whole peanuts, peanut butter and Nutella are the obvious examples, products such as Muesli Bars also commonly contain nuts. With nut allergies on the increase and particularly with children in our school having severe nut allergies, it is worthwhile checking food labels to see what can be potentially harmful.

So what are some safe snacks to bring to school?

* Fresh/ dried/ tinned fruit or vegie sticks (Tinned fruit like pineapple pieces or peach & pear are fine, BUT not to be sent to school in the tins. It is messy and dangerous with the sharp edges of cans. Remove as much juice as possible then re-pack into small containers or zip lock bags)
* Sandwich roll ups. Cut the crusts of bread slices, spread with vegemite, jam, cheese, etc then roll up.
* Home baked products — pikelets, muffins, scones, scrolls (puff pastry, ham, cheese, tomato paste or cheese & vegemite), cheese twists, home made biscuits.
* Salsa and vegie sticks
* Popcorn
* Rice crackers (check the label), Saos
* Cheese and biscuits packaged from home
* Mini quiches, vegie slices (Pack with an ice pack in their lunch box)
* Yoghurt (Pack with an ice pack in their lunch box, or freeze the night before and they will defrost by recess)

With all products it’s important to check the manufacturers label to see if the product contains nuts or nut products or has been manufactured where traces of nuts may be present. It is appropriate to remind our children that sharing food can be potentially hazardous to other students. They should only eat what you have packed in their own lunch box and not share their food with others.

It is also important to remind our children to wash their hands after eating, at home before school as well as at school, to prevent any cross contamination by contact.
Canteen Newsletter
Term 1, 2015

Procedure for ordering lunches -

1. Write the order on a paper lunch bag - don’t forget your child's name and class. If you don’t have lunch bags please write the order on an envelope, with the money enclosed - add 10 cents for each lunch bag to be provided.
2. If ordering a drink, please include a second bag (with name and class) - this way we can separate the hot and the cold food.
3. Write the prices of the food and the total cost.
4. Write on the bag how much money you have enclosed for payment. (Small amounts of change will be taped to the front of the child's lunch order bag - large amounts of change will be given to the class teacher to hold until the end of the school day)
5. Send the order with your child in the morning.
6. Children will be reminded when they go into class to put any lunch orders in the class lunch crate.
7. Two students will bring the class lunch crate to the canteen in the morning and then collect it five minutes before lunch.

For our new parents, especially the first time Kinders -
Don't worry about your child forgetting to put their lunch order in - just like most things at big school this is new to them and something they have to learn. The teachers will remind them in the morning and they will be checking that the students have lunch to eat. If anyone forgets, and there are always a few, we will sort it out for them and make sure they are fed, we just don't want to make a habit of it.

Example of lunch order bag-

<table>
<thead>
<tr>
<th>Mary Smith</th>
<th>K- Gold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Roll</td>
<td>$2.20</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>30c</td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>$1.60</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$4.10</strong></td>
</tr>
</tbody>
</table>

$4.10 Enclosed

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Ice blocks and Slushies **CANNOT** be pre-ordered. Children have to line up at lunchtime to buy these.

If you will be giving your child money to buy a snack at recess or lunch it is always a good idea to sit down with them and the canteen pricelist and go over what they can buy with their money. Knowing how to ask for products and developing an awareness of money and what they can use it for are great skills your child will have the opportunity to develop, in a friendly, controlled environment at the school canteen.