



W.A SCHOOL'S Lunch Order Menu

Sandwich Selections

*Whole meal bread

Ham & cheese (low fat) \$4.00

Ham/lettuce/tomato/cucumber/carrot \$4.00

Cheese (low fat)/lettuce/tomato/cucumber/carrot \$4.00

Cheese (low fat) & vegemite \$2.50

Fresh Fruit & Salad Selections

Watermelon/apple/orange/grape fruit cup \$2.50

Fresh yoghurt cup – plain/vanilla/strawberry. \$3.00

Fresh Fruit – choice of red/green apple/orange/watermelon- Free

Mini salad tray 3 incl– garden salad/potato salad/coleslaw (low fat)
\$5.50

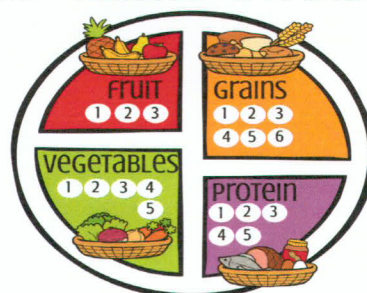
Dairy & Drink Selections

Low fat 375 ml fresh milk options – plain/choc/strawberry/banana
\$3.50

Bottled water \$2.00

250 ml fresh orange (99%)/apple juice (99%) \$3.50

MY HEALTHY CHECKLIST



exercise water



BASED ON 1,800 CALORIES PER DAY

