

SOL FOOD CANTEEN

SMART CHOICES MENU

ALL DAY BREAKFAST

Bacon & Egg Muffin.	\$3.20
Bacon & Egg Muffin (GF)	\$3.60
Raisin Toast (2 Slices).	\$2.50
Raisin Toast (GF)	\$3.50
Baked Beans & Cheese Jaffle.	\$3.50
Vegemite Toast	\$2.00

SANDWICHES/WRAPPS

Vegemite or Cheese.	\$2.00
Salad or Ham or Egg or Tuna.	\$3.00
Chicken.	\$3.70
Ham & Cheese.	\$3.70
**Add Extras **	
Cheese.	\$1.00
Salad.	\$1.00
Egg, Lettuce & Mayo	\$3.50

***** Choice of Wrap, Wholemeal or GF *****

TOASTIES

Cheese.	\$2.30
Cheese & Vegemite.	\$2.50
Cheese, Tomato & Spinach.	\$2.50
Tomato & Cheese.	\$2.50
Ham & Cheese	\$3.70
Ham, Cheese & Tomato.	\$4.00
Chicken & Cheese.	\$4.00
Chicken, Cheese & Mayo	\$4.10

***** GLUTEN FREE AVAILABLE *****

PIZZA BAR 1st Break Only

Margherita
Pepperoni
Hawaiian
Plain

LARGE \$5.00

SALADS

Garden Salad	\$4.00
Caesar Salad	\$5.00
Extras: Cheese/Egg	\$1.00
Chicken/Ham	\$1.50

HOT FOOD 1st Break Only

Chicken Burger - Fresh Grilled Chicken, Lettuce, Tomato & Mayonnaise.	\$6.00
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Vege Burger - Vege Pattie, Mayo/Aioli, Lettuce, Tomato, Carrot, & Beetroot.	\$6.00
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Mini Hamburger – Lettuce, Tomato, & Beetroot. B.B.Q Sauce.	\$4.00
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Chicken Gravy Roll	\$4.00
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BLT - 99% Fat Free Bacon, Lettuce, Tomato & Mayonnaise.	\$5.50
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Spaghetti Bolognese – Home Made	\$4.50
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GF	\$5.00
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Sausage Roll – Home-made.	\$3.50
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Butter Chicken & Rice. (GF)	\$5.00
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Hot Dog.	\$3.50
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Hot Dog with Cheese.	\$4.00
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Nuggets – 5 x Chicken nuggets.	\$3.50
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GF (5)	\$4.00
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Pie (Kool School)	\$3.70
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Tomato/BBQ Sauce.	\$0.30
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LITE BITES

Apple Slices.	\$1.00
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Seasonal Fruit.	\$1.00
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Red Rock Chips.	\$1.50
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Piranha Snaps. Tangy/BBQ	\$2.00
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Fruit Tub with Custard.	\$3.70
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Grilled Mini Corn Cob.	\$1.00
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Hard Boiled Egg.	\$1.00
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Homemade Cheese & Vegemite Scroll.	\$2.20
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Choc Chip Cookie (1).	\$1.00
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Snack Pack – Grapes, Carrot Sticks, Apples, Crackers, Dried Apricots, Cheese.	\$4.50
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Sao & Vegemite (4)	\$2.00
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DRINKS

Plain Milk.	\$1.50
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Bottled Water.	\$1.50
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Flavoured Water. 475ml	\$2.60
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100% Fruit Juice.	\$2.20
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Chocolate or Strawberry Milk.	\$2.80
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ICE TREATS 2nd Break Only

Tub of Frozen Yoghurt.	\$2.50
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Ice-cream cups.	\$2.20
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Lemonade Icy Twist.	\$2.20
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Paddle Pop.	\$2.00
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Calippo	\$1.00
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Zooper Dooper.	.60c
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SPECIALS 1st Break Only

Ham/Cheese Toasty, Fruit, And a Bottle Water.	\$6.00
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100g Pie, Fruit, And a bottle of Water.	\$6.00
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SPECIALS 2nd Break Only

Sweet potato Chips with Aioli & Zooper Dooper.	\$3.50
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Sao with Vegemite (4) & Zooper Dooper	\$2.40
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HUMPYBONG STATE SCHOOL



SOL FOOD CANTEEN

The SOL Food Canteen is operated by the school as a service to the families of Humpybong State School. The Canteen is open three days a week (**Wednesday, Thursday and Friday**) with a fantastic Queensland Government Smart Choices compliant menu. The majority of our menu items are made “in-house” from fresh ingredients.

You can set up an e wallet at <https://tuckshop.schoolshoponline.net.au/humpybongss/index.aspx> and order your child's lunch online for Canteen day. **Online Orders must be submitted before 8:00am**

If you do not supply a Brown paper bag, please add .10c to your order to cover the cost of a bag.



WE WANT YOU!



Our Canteen is staffed by volunteers, without which this service would not exist. It is a great place to catch up with others and to contribute to the school. Students enjoy seeing someone they love in the Canteen during their break. If you are available to help, even if it is only a couple of days a term, please do not hesitate to have a chat to our friendly Convenor **Kaylee Goodyear**.