

Tuckshop

Smart Choices - supplying healthy food and drink to Queensland Schools.

Our tuckshop is only open on Thursdays.

No longer available:

The current menu (below) remains the same with the exception of salads and salad sandwiches. These items are no longer available.

Menu Additions:

Fried Rice (prepared daily) - \$2.50/\$4.00

Pasta Bolognaise (prepared daily) - \$3.00/\$5.00

Mini Muffins (freshly baked) - \$0.50

We welcome feedback within the Smart Choices guidelines. Contact us at pandc@shorncliss.eq.edu.au

View the Smart Choices policy at:
www.education.qld.gov.au/schools/healthy.

Tuckshop: (07) 3269 0988

Ordering Procedures:

All orders **MUST** be in by 9am.

ALL hot food orders are through the paper bag system - place your bag in the appropriate class box. Please use a separate bag for each break.

NO hot food will be sold over the counter.

Paper bags cost 10c.

How to order:

Please put ALL the following information on each paper bag to ensure your child receives their correct order.

1. student name and grade
2. first or second break
3. the full name of the food ordered
4. the cost of each item and the total
5. amount of money included
6. amount of change required.

At the second break children should return stamped paper bags to the counter to receive ice block orders.

SNACKS**Freshly made mini muffins**

- banana (with 50% whole meal flour) \$0.50
- choc chip \$0.50

Cob of Corn \$0.80

Egg – hard boiled \$0.70

Red Rock Chips (honey soy or sea salt) \$1.00

Apple (slinky) \$1.00

FROZEN SNACKS

Bulla Frozen Yoghurt (on a stick) \$1.00
(wild berry, strawberry, mango, passionfruit)

Mini Milk Pots (strawberry, chocolate) \$0.60

Quelch Fruit Tube \$0.40

Frozen Fruit Pieces (seasonal) (Currently: orange, strawberry, banana)	\$1.00
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SALADS

Frozen Fruit Salad (seasonal)	\$2.00
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Salad Wrap	\$2.50
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DRINKS

Cup of Milk (with/without milo)	\$1.00
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Breaker Milk 300ml (chocolate, strawberry)	\$1.70
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Crazy Lemon Lemonade	\$1.50
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Prima Fruit Juice Tetra Pack (apple, apple/’currant, orange, tropical)	\$1.00
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Spring Water - small 350mls	\$0.50
- large 600ml	\$1.00

Re Nu fruit flavoured water	\$1.60
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HOT FOOD

Fried Rice (prepared daily)	
- small, 280g	\$2.50
- large, 500g	\$4.00

Pasta Bolognese (prepared daily)	
- small, 280g	\$3.00
- large, 500g	\$5.00

Chicken Burger (with salad)	\$3.80
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Premium Chicken Nuggets (serve of 4)	\$2.00
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Meat Pies - small, 120g	\$2.00
- large, 200g	\$3.50

Noodle Cup (chicken)	\$2.50
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Pizza (ham and pineapple)	\$2.50
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Toasties (baked beans or spaghetti)	\$2.50
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Toast (vegemite, jam or honey) \$1.80

Keep watch for our special event dishes

All are prepared for your child on the day by our volunteers. They are nutritious and excellent value (we are planning one sushi day per month).

If you have a passion for making good food for our children to eat – speak to Paul.

UNTIL SOLD OUT

(check availability or suggest an alternative)

Pizza (cheese and bacon)	\$2.50
Lasagne	\$3.20
Beef Burger (with salad)	\$3.80
Noodle Cup (beef or BBQ beef)	\$2.20
Potato Smiles (serve of 5)	\$2.20
JJ’s Chips Chicken or Pizza	\$0.90
Vege Crackers (Gluten free)	\$0.80