

## TUCKSHOP INFORMATION & TIPS

- \* Tuckshop open from 8.15am Monday to Friday
- \* Volunteers are ALWAYS needed.
- \* Orders can be placed at tuckshop before school or in class tuckshop boxes.
- \* Ice blocks/Slush Puppies are only available at Big Lunch
- \* **NO CREDIT**

### **THE DO'S & DON'T'S OF TUCKSHOP ORDERING:**

- \* Write "Big Lunch" or "Little Lunch" at top of bag
- \* Print clearly name and class
- \* Correct money if possible
- \* Do not staple or sticky tape bags, only fold bags to stop money falling out
- \* Use separate bag for big lunch and little lunch. If paying for orders together, please put bags inside one bag with money.
- \* Envelopes and pieces of paper are not methods of tuckshop ordering.
- \* Bags are available to purchase at tuckshop for 5c each, or bundles of 40 for \$2.00.
- \* If paying siblings orders together, please put all bags and money inside one bag.

***Following the above ordering method will be more efficient and helpful for all volunteers and helpers.***

### **SAMPLES OF HOW TO COMPLETE LUNCH BAG:**

Top of Bag – Indicate Little Lunch or Big Lunch

<b>LITTLE LUNCH :</b> John Jones <b>2 Sausage Rolls</b> <b>\$1.60</b> <b>1 Plain milk</b> <b>\$1.10</b> <b>\$2.70</b>	Name & Class Class: 5A
Order & total	

<b>BIG LUNCH :</b> John Jones <b>1 Cheese Sandwich</b> <b>\$1.80</b> <b>1 Fruit Salad</b> <b>\$1.10</b> <b>1 Popper</b> <b>\$1.20</b> <b>\$4.10</b>	Class: 5A
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# TEWANTIN STATE SCHOOL



## TUCKSHOP MENU

(Effective May, 2008)

All menu lines are low fat "Smart Choice Menu".  
 Window opens at 8.15 am.  
 Buy breakfast or order lunch.

### AVAILABLE FOR BREAKFAST

- ☞ Fruit Salad
- ☞ Fruit Pieces
- ☞ Yoghurt
- ☞ Vegemite and Cheese Bun
- ☞ Apple Bun
- ☞ Muffins
- ☞ Bacon & Cheese Roll
- ☞ Drinks also available

## SNACK ATTACK:

A - Le Snack Corn Crackers & Salsa .....	\$1.20	
G - Sweet Chili Cheese Dip/Veg Sticks .....	\$1.20	
G - Corn Cob .....	80c	
G - Cheese sticks .....	80c	
G - Boiled egg..... Whole .....	.50c Half .....	.30c
A - Liquorice Stick .....	20c	
G - Popcorn.....	60c	
A - Apple Bun .....	\$1.10	
A - Pikelets and Jam (2 per serve) .....	\$1.00	
A - Sultana cookie .....	.60c	
A - Muffin (low fat- Apple or Raspberry) .....	\$1.10	
G - Fruit Salad .....	\$1.10	
G - Fruit in season .....	.90c	
G - Apple Slinky .....	\$1.00	
G - Pineapple or Orange piece .....	.20c	
G - Celery Sticks or Carrot Sticks .....	3 for 10c	
G - Sultanas .....	80c	
G - Jelly Banana Custard (low fat) .....	\$1.60	
G - Fresh Yoghurt (200ml low fat) .....	\$1.60	
G - Crispbread (2) - Cheese & Tomato .....	\$1.20	
- Vegemite .....	.90c	
A - Vegemite & Cheese Bun .....	\$1.10	
A - Bacon & Cheese topped roll .....	\$1.10	

## SANDWICHES, ROLLS, WRAPS:

G - Vegemite/Honey/Jam .....	\$1.00
G - Cheese or Egg .....	\$1.80
G - Ham/Chicken/Tuna .....	\$2.60
G - Salad .....	\$2.60

## Extras - Filling or Toasted - 10c:

Salad filling - 50c; Rolls - 20c

WRAPS: Salad - Full \$2.80	Half \$2.30
With Meat - Full \$3.30	Half \$2.80

## EVERYDAY SUGGESTION:

G - \$2.00: Pikelets, Cheeses Stick, Orange pce
G - \$2.40: Cheese Sandwich & Cookie
G - \$2.50: Chicken Wedge (2) & Fruit Salad
G - \$2.70: Vegemite & Cheese Bun, Apple Slinky & Popcorn

## DAILY SPECIALS: (Big Lunch Only)

### MONDAY - C.L.T. - \$2.00 - G

(Soft french roll with Chicken Wedge Lettuce, tomato & mayo)

### TUESDAY - Pizza - \$2.00 - A

Ham & Pineapple

### WEDNESDAY - Burgers - \$3.00 - G

(Cheese Burger with lettuce and tomato or Moroccan Burger & salad)

### THURSDAY - Tandoori Wrap - \$3.00 - G

(Mild Chicken Tandoori, lettuce and tomato, toasted wrap)

## SALAD BOX: (Big Lunch Only)

\$3.20

G - Traditional - lettuce, tomato, carrot, beetroot, sprouts, cheese & egg.

G - Greek Style - Lettuce, tomato, cucumber, black, olives, red onion, feta cheese & Greek dressing.

G - Crunchy Noodle - lettuce, tomato, carrot, sprouts, cucumber, red onion, noodles & Asian dressing

With Ham, Chicken or Tuna - 70c extra

## Traditional Salad with

G - Ham & Vegetable Slice .....	\$4.20
G - Moroccan Pattie or Beef Pattie .....	\$4.20

## BIG LUNCH FILLERS:

G - Lasagne .....	\$2.60
G - Hokkien Stir Fry Noodles .....	\$2.60
G - Potatoe Bake .....	\$2.60
A - Baked Bean Nachos .....	\$2.60
(Baked Beans, Cheese & Corn Chips)	
G - Omelette with Ham & Cheese .....	\$2.20
A - Hot Dog (97% fat free) Roll & sauce .....	\$2.20
A - CCC (Chicken/Cheese/Chilli Wrap) .....	\$3.30
- Half .....	\$2.20
A - Hot Noodle Cup .....	\$2.20

## HOT MUNCHIES:

A - Sausage Roll (low fat) .....	80c
A - Chicken Wedge (Chicken breast meat) .....	70c
A - Mini Lite Pies .....	80c
Sauce .....	25c

## DRINKS:

G - Up & Go Low fat (Choc Ice/Vanilla Ice) .....	\$1.65
G - Plain Milk (300ml) .....	\$1.10
G - Low-fat Flavoured Milk (300ml) .....	\$1.65
(Chocolate / Strawberry / Vanilla Malt)	
G - Popper 100% juice (250ml) .....	\$1.20
G - Spring Water (350ml) .....	\$1.60

## ICY POLES: (Big Lunch Only)

A - Slush Puppy (99% Apple juice) .....	\$1.60
G - Frozen Yoghurt (97% fat free) .....	\$1.60
A - Milo Shake Cup .....	\$1.60
A - Bilibong (97%fat free) .....	\$1.20
A - Icy Pole, Miriz .....	.90c
A - Quelch Stick (Frozen fruit juice) .....	.60c

## EVERY NOW & THEN TREATS:

A - Red Rock Chips (28g) (Limit 1) .....	.90c
(Plain / Honey Soy)	
A - Sesame Snaps .....	.80c

We recommend making smart choices when ordering Tuckshop. Foods served in the canteen are categorised according to their fat, sugar and salt content as .....

➤ GREEN (G): Healthy choice that can be eaten all the time.

➤ AMBER (A): Should not dominate choices and should be balanced with green foods.

➤ RED (R): These are less healthy choices and should be reserved for special occasions only.

(For further information see Carol at the Tuckshop)