

Tuckshop is available Every Wednesday and Friday

Starting 6th February to 4th December

- White bag for morning tea
- Brown bag for lunch

Free bags available from tuckshop or classroom tuckshop box. We prefer you use supplied bags as they are extra large, and can fit meals and drinks.

- Please write child's name, class and order, with total cost and any change expected. Any change will be taped to the child's lunch bag.
- Individual order bags are placed in the child's class tuckshop box on tuckshop mornings. Orders are filled, and returned to the class at each break.
- Children can purchase snacks and drinks over the counter. Ice blocks only at lunch.

If your child has a food allergy or special requirement, please note on every order as volunteers do change.

We aim to accommodate specific dietary needs where possible. Please come and see us in tuckshop if you would like to discuss further.



Our tuckshop performs a very important role within our school, promoting healthy eating to students whilst allowing them a little independence when making their own choices in over-the-counter sales.

For more information on Smart Choice Menu's

<http://www.qast.org.au>



STANTHORPE
STATE
SCHOOL

Tuckshop Menu

Term 1 2019

Yummy Snacks

Available over the counter and on order

Sultanas	\$0.20
Cheese & Crackers	\$0.50
Veggie Sticks (cucumber & carrot)	\$0.50
Popcorn	\$0.50
Pikelets (2) with butter & jam	\$1.00
Anzac Biscuits (2)	\$1.00
Homebake	\$1.00
(Varies between Honey Joys, cupcakes and choc crackles)	
Pekish Thins	\$1.00
Apple Slinky	\$1.00
Jelly cup	\$1.00
Apple Crumble & custard	\$2.00
Fresh Fruit Cup	\$2.00

Drinks

Spring Water	\$1.00
Plain Milk (1 cup)	\$1.00
Orchy 100% Fruit Juice - 200ml pop top	\$1.50
<i>Apple, Apple/Blackcurrant, Orange, Orange/passion</i>	
Breaka Milk Poppers - 250ml (<i>choc & strawberry</i>)	\$2.00

Parents please note: Children presenting at the counter with more than \$5 will be re-directed to the office to confirm with parents that the money can be spent at Tuckshop.

Limit 1 TNT and 2 frozen items per student.

Sandwiches & Toasties

Available every week only by order

Toasties

◆ Cheese or Cheese & Tomato	\$2.50
◆ Ham & Cheese	\$3.00
◆ Ham, Cheese & Tomato	\$3.00
◆ Chicken & Cheese	\$3.50

Sandwiches/Wraps/Rolls/Plates

Choose any of the above with:

Vegemite	\$2.00
Salad	\$3.00
(Any combo of Cheese/tomato/carrot/cucumber/ lettuce & mayo)	
Ham & Salad	\$3.50
Egg & Salad	\$3.50
Chicken & Salad	\$4.00
Tuna & Salad	\$4.00

Ice Blocks

(Lunch time only, for pick up at tuck shop)

TNT Various (Cola & Lemon)	\$0.50
Ice cream Cup (Vanilla)	\$1.20
Twisted Frozen Yogurt	\$2.00
(van/choc & van/straw, watermelon/mango)	
Sorbet	\$2.50
(lemon, mango orange, pomegranate lemon)	

Tasty Lunches

*Available by order for **BIG LUNCH ONLY***

We are introducing pre-packaged frozen meals in place of tuckshop-made specials. Tuckshop specials are no longer possible due to lack of tuckshop volunteers.

Macaroni Cheese

Spaghetti Bolognese

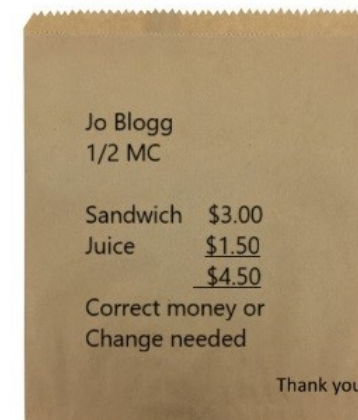
All \$3.50

Nacho Dippers

Lasagna

Order any of the above with a drink for

\$5.00



**White Bag
Morning tea**

**Brown Bag
for lunch**

bags available
from tuckshop
or classroom
tuckshop box