

ICE BLOCKS

Icy Bite.....	.40	Raspberry Icy Pole.....	1.00
Milo Stick.....	1.30	Lemonade Icy Pole	1.00
Chocolate Billabong.....	1.30	Triple Swirl Billabong	1.30
Tropical Frosty Fruit.....	2.00	Life Saver.....	2.00
Mango Frozen Yoghurt.....	2.00	Strawberry Frozen Yoghurt	2.00

Note: Prices are subject to change.

Watch newsletter for menu updates and food specials.

TUCKSHOP ORDERING

Pack of 50 lunch bags – Available at the tuckshop.....2.00

- Use separate bags to order Little Lunch and Big Lunch, however,
- Totals can be added together and full payment placed in either bag.
- Wrap money in paper, foil or envelope, place in lunch bag and fold bags together.
- NOTE: Do not use sticky tape or staples as these damage the lunch bags.
- Tuckshop bags need to be filled out at home, orders are then placed in the tuckshop boxes provided in the classrooms at the beginning of the day.

Please ensure the following information is provided. Eg.

NAME: Any Person
Class: 1D
Little Lunch

Corn Cob .80
Bottle of water 1.20
2.00
Money in Big Lunch Bag.

Name: Any Person
Class: 1D
Big Lunch

Salad Sandwich 2.00
Fruit Salad Cup 2.50
4.50
L/L 2.00
6.50
Enclosed \$7.00
Change .50

DALBY STATE SCHOOL TUCKSHOP SMART CHOICE SUMMER MENU

as from 5 OCTOBER 2009

DALBY STATE SCHOOL TUCKSHOP :

- ☺ Offers a wide range of healthy foods to children and staff.
- ☺ Meets the Smart Choice foods criteria set out by the government.
- ☺ Children are encouraged to establish healthy eating habits at school and at home.
- ☺ Green* foods are highly recommended as they are prepared at the tuckshop from fresh salads, vegetables and fruits.
- ☺ Other food items are 'Amber' foods and need to be more carefully selected as they are usually pre-prepared foods and can contain more kilojoules.

TUCKSHOP TIMES

The tuckshop is open Monday, Wednesday, Friday and Tuesday after a Monday holiday.....8.30am - 1.30pm
For ordering information see the back page.

UNIFORM SHOP TIMES

The uniform shop is open Monday, Wednesday, Friday and Tuesday after a Monday holiday.....8.30am - 9am
Note: Due to Food Health & Safety Regulations and time commitments, uniforms are not sold after 9am.

NEW: Uniform order forms are now available to help make uniform purchases more convenient. Available on the school web site, office or the tuckshop.

THANK YOU for your continuing support of the school by using the Tuckshop and Uniform services provided by the P&C Association. Profits raised in these areas are used for school improvements to benefit our children.

Why not become a Tuckshop Volunteer so you can be a vital part of ensuring a better School for your children.

DAILY SPECIALS:

MONDAY	WEDNESDAY	FRIDAY
Chicken Burger chic patty, lettuce & mayo \$2.80	Central School Wrap \$3.50 (chicken strip, bacon, lett, tom, cheese, sauce on lavish bread)	Cheese Burger \$2.80 (beef patty, cheese, sauce)
Chicken & Cheese Burger 3.00		Hamburger \$3.50 (beefpatty,lett,tom,carr ,beetroot,cheese,sauce)

FOOD AVAILABLE EACH TUCKSHOP DAY

Salads Wraps and Sandwiches (made on wholemeal bread unless white stated)

*Crunchy Noodle Salad with Chicken (wombok,almond,noodles,chic,sauce) 3.50	
*Salad Box 3.00	Ham or *Chicken Salad Box 4.00
*Salad Sandwich 2.00	*Salad Roll2.70
*Chicken Salad Sand.... 3.00	*Chicken Salad Roll3.70
Ham Salad Sandwich...3.00	Ham Salad Roll.....3.70
*Chicken or Ham Salad Wrap..... Half ...2.00..... Full...4.00	
*Egg & Lettuce Sandwich..... 1.50	
*Chicken Lettuce & Mayo Sandwich..... 2.50	
*Cheese & Tomato..... 1.50	
Ham <u>OR</u> *Cheese..... 1.30	
*Chicken..... 2.40	
*Chicken & Cheese..... 2.60	
*Chicken, Cheese & Tomato..... 2.80	
Ham & Cheese..... 1.60	
Ham, Cheese & Tomato 1.80	

Sandwiches made Fresh or Toasted - Please state (note; toasted made on white hi fibre)

BREAD BOATS - mini roll, choice of filling & warmed in oven

*Cheese (formerly cheesy roll) 1.00	Ham Salad Sub (not warmed) 2.00
Chicken, Cheese, BBQ Sauce..2.50	Ham, Pineapple & Cheese..2.50

GLUTEN FREE TOASTED SANDWICHES

Note: Bread will be spread with Meadowlea Margarine

Ham & Cheese 3.50	Ham Cheese Tomato3.70
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FOODS AVAILABLE EACH TUCKSHOP DAY CONT'

Carefully choose these foods as they are mostly 'Amber' foods.

Crumbed Fish Fillet..... 1.90	Fish Burger..... 3.20
Meat Pie 2.50	Sausage Roll2.00
Potato Pie..... 3.00	Mini Snack Pie 1.40
*Corn Cob..... .80	Chicken Strip1.10
Lasagna3.20	DinoSnack Pack (5+free sauce) 2.00
Hot Dog & Tom Sauce.....1.80	Dinosnacks each40
Hot Dog, Tom S & Cheese 2.00	Extra spoons or Forks10
Pizza Single Ham & Pine ..1.70	Sauce: Tom, BBQ, Tartar... .30

FRUIT – Available each tuckshop day.

*Peaches & Custard..... 1.50	*Watermelon or Rockmelon .50
*Apple Slinky50	*Slinky with own Apple..... 10
*Fresh Orange ¼ 10	*Frozen Orange ¼ 10
*Fresh Fruit Salad Cup.....2.50	

DRINKS

*600mls Bottle Water..... 1.20
300mls Oak Flavoured Milk - Choc,Straw,Coffee,Van..... 2.00
Big M Chocolate or Strawberry Poppa..... 1.50
200mls Plain Milk..... .80
Just Juice Poppa 100% Juice - Apple, Orange, Paradise Punch 1.00
Juicy Isle Pop Top 100% Juice – Apple , Apple & Blackcurrent.....1.20

CHIPS

Honey Soy Chicken; Sea Salt Original; Smiths BBQ; JJ'S - Pizza or Salt & Vinegar;90

SNACKS

*Vita Wheat Biscuits (2) with Cheese & Vegemite..... .80
*Pikelet (buttered)..... .30
Iced Cup Cake..... 1.00
Mini Choc Muffin..... 1.00
Choc Chip Biscuit 1.00
Jelly & Custard Cup..... 2.00
Lightly Salted Popcorn..... .50
Fruit Strap50

Please turn over for ice blocks.