

MONDAY

Central School Wrap \$7.00

Chicken strip, Bacon, lettuce , tomato, carrot, cheese, BBQ sauce wrapped in soft tortilla.

Sweetchilli Chicken Wrap \$6.00

Sweetchilli chicken strip, lettuce, tomato, carrot, cheese, sweetchilli mayo wrapped in soft tortilla.



WEDNESDAY

Sushi Rolls \$4.50

Chicken, avocado, Kewpie
Tuna, cucumber, Kewpie
Teriyaki Chicken



Sushi Bento Bowl \$6.00

Choice of Chicken strip, tuna or teriyaki chicken with seasoned rice, kewpie mayo, nori, cucumber, carrot, edamame beans and soy sauce.

FRIDAY

Cheese Burger \$6.00

Beef Patty, cheese, tomato sauce

Chicken Burger \$7.00

Chicken patty, lettuce and mayonnaise

Beef Works Burger \$8.00

Beef patty, cheese, BBQ sauce, lettuce, tomato, beetroot carrot



TUCKSHOP ORDERING

Tuckshop now uses the **online ordering system QKR**.

To set up an account download the QKR app on your phone and follow the steps to register. You can order and pay for your children's lunches online.

The orders are downloaded at the tuckshop & your Childs lunch is then prepared and packed into Class boxes ready for collection.

Online orders need to be placed by 8:30am
Please check the date selected!

The traditional brown paper bag orders are still being accepted but need to filled out at home, money placed inside the bag and delivered personally into the basket at the tuckshop before 9AM. Please include child's name, class and time required, (1st or 2nd break) Note: two bags are required if ordering for both breaks.

Thank you for supporting our School by using the Tuckshop provided by the P&C Association. A very special thanks to all volunteers who work so diligently in the Tuckshop. **Without our volunteers this service would not be available to the students and staff of the school. We are always in need of volunteers and would love to have you join us**, even if you can spare hour or two. All our volunteers earn experience & a delicious lunch.

For more information please contact Noelene or Nicole at the Tuckshop on 46723607 or call in and see us.



DALBY STATE SCHOOL

SMART CHOICE MENU

Summer 2024/25

The Dalby State School Tuckshop offers a wide range of healthy foods to the students and staff of the school. While meeting the smart choice criteria set out for school tuckshops, it is our aim for you to enjoy healthy, interesting and affordable food while at school.

- Items marked with # are 'Green Foods' and are highly recommended.
- Items marked with GF are gluten-free options




TUCKSHOP DAYS: Monday,

Wednesday, Friday - 9am to 2 pm

1st Break (Big Lunch)-11:25AM

2nd Break (Small Lunch)-1:30PM

SNACKS

- #GF Brain Pack \$4.00
Carrot & cucumber sticks, ham slice, ½ boiled egg and rice crackers & cheese.
- #GF Veggie Pot  \$3.50
Carrot & cucumber sticks, cherry tomatoes, rice crackers & French onion dip or Sweet corn dip
- #GF Nibble Pack \$2.50
Cheese, rice crackers & dried apple, apricot and sultanas.
- # Yoghurt Swirl yogurt, granola, berries.  \$4.50
- GF Custard Cup \$3.00
- GF Fruit salad and Custard Cup \$4.00
- #GF Tasty Cheese & Rice crackers \$2.00
- #GF Boiled Egg \$1.00
- # 3 Pikelets+ strawberries & cream \$4.50
- #Plain pikelet   \$0.80
- #Vita Wheat Crackers with vegemite & cheese \$2.00
- #GF Popcorn \$0.70
- GF Red Rock Deli Chips \$2.00
Honey Soy Chicken/Sea Salt
- GFBBQ Snaps(gluten free) \$2.00
- #Grainwaves Sour Cream & Chives.....\$2.00
- Vanilla Sprinkle Cupcake  \$1.50
- Banana Bread \$1.50
- #Double Choc Chip Muffin...(+ Zucchini).. \$2.00
- #Carrot Muffin with cream cheese icing... \$2.00

FRESH FRUIT

- #Whole Fruit- Apple/Mandarin/Banana. \$1.00
- #Apple Slinky.....  \$1.50
- # Watermelon slice \$1.50
- #Orange Wedge - Fresh or Frozen\$0.20
- #Frozen Pineapple Ring \$0.50
- #Seasonal Fruit Salad Cup..... \$3.50

HOT FOOD FRESH FROM THE OVEN

- Snack Meat Pie....2.00 Meat Pie \$4.50
- Sausage Roll.....3.00 Chicken Strip..... \$2.50
- Chicken Nuggets \$4.00
5 Nuggets + sauce of choice
- GF Chicken Nuggets \$4.00
5 Nuggets + tomato sauce
- #GF Corn Cob \$1.60
- #Crunchy Chicken Sub \$4.50
Roll, chick strip with lettuce & mayo
- #Hot Dog Sub \$4.00
Roll, cocktail frank, lettuce, tom, cheese & tomato or BBQ sauce


SANDWICHES- TOASTED OR FRESH

- # Salad Sandwich \$5.00
Lettuce, tomato, carrot, beetroot, cucumber, cheese
- # Salami, Lettuce, Tomato & Cheese Sub.. \$5.00
- #Salami, cheese Sub  \$5.00
- # Ham, Lettuce, Tomato & Cheese Sub.... \$5.00
- # Chicken or Ham Salad Sandwich \$6.00
- # Egg & Lettuce Sandwich \$4.00
- # Chicken Lettuce & Mayo \$4.60
- # Cheese or Ham or Chicken \$3.80
- # Ham & Cheese \$4.00
- # Chicken & Cheese \$4.00
- # Chicken, Cheese & Tomato \$5.00
- # Ham Cheese & Tomato \$4.50
- # Ham Cheese & Pineapple \$4.60
- Vegemite \$2.50
- GF Toasted Ham & Cheese Sandwich..... \$4.00
Add Pineapple or Tomato..... \$4.60


SALADS BAR

- # Salad Box \$5.50
Lettuce, tomato, cucumber, carrot, beetroot, ½ boiled egg, cheese
- # Chicken or Ham Salad Box \$6.50
- # Mexican Salad Bowl \$7.00
lettuce, tomato, carrot, corn, sweetchilli chicken strip, corn chips, sweetchilli- mayo dressing. Add Guacamole \$8.00
- # Ranch Chicken Salad \$7.00
lettuce, cheese, cucumber, carrot, roast chicken, bacon, ranch dressing
- # Asian Noodle Salad noodles, snow peas, capsicum, carrot, Sweetchilli Teriyaki dressing and sesame seeds \$5.50
- # Chicken Asian Noodle Salad \$6.00

DRINKS:

- #600mls Water  \$2.00
- #200ml plain carton of milk \$1.50
- 250ml Breaka Poppa Chocolate/Strawberry.... \$2.50
- 300ml Breaka Chocolate/Strawberry..... \$3.00
- Poppa- Apple/tropical/apple & blackcurrant \$2.00

ICE BLOCKS: - AVAILABLE BOTH LUNCHES

- Quelch Fruit Stick \$0.50
- Snapstix- Raspberry/Watermelon/Grape/ Blueberry \$1.00
- Vanilla Ice Cream Cup  \$2.00
- Icy Pole - Lemonade..... \$2.00
- Frozen Yoghurt \$3.00
- *Spoons and forks are provided, extra spoons or forks \$0.20
Ice Blocks can be collected from the Tuckshop during eating time with presentation of tuckshop bag or purchased over the counter.

BIRTHDAY SPECIAL

Celebrate at school by choosing one of our super birthday specials!

- Quelch Fruit Sticks.....\$15.00
- Vanilla Sprinkle Cupcakes.....\$25.00