

DALBY STATE SCHOOL TUCKSHOP



SMART CHOICE MENU

2nd & 3rd TERM 2018

ICE BLOCKS: - AVAILABLE BIG LUNCH ONLY (1st break)

Ordered Ice Blocks can be collected from the tuckshop after the play bell at big lunch (1st break) with presentation of tuckshop bag.

Qulech Fruit Stick	50
Vanilla Ice Cup.....	1.40
Icy Pole - Lemonade	1.50
Rainbow Billabong.....	2.00
Frozen Yoghurt – Strawberry or Mango.....	2.50

Spoons and forks are provided where needed

Extra spoons or forks..... .10

Thankyou for supporting the School by using the Tuckshop and Uniform Shop services provided by the P&C Association.

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 our valued team.

For more information contact Bev or Mandy at the Tuckshop on 46723607 or call in and see us.

The Dalby State School Tuckshop offers a wide range of healthy foods to the children 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.

- Foods marked with # are 'Green Foods' and are highly recommended.
- All other foods fit in the 'Amber' category and should be chosen carefully.

TUCKSHOP DAYS: Monday, Wednesday, Friday - 9am to 1.30 pm
1st Break (Big Lunch)-11AM 2nd Break (Afternoon Tea)-1:15PM

TUCKSHOP ORDERING:

The Tuckshop now uses the online ordering system Flexischools.

To set up an account log onto www.flexischools.com.au and follow the steps to register. Once your account is set up you can order and pay for your children's lunches online. The orders are downloaded at the tuckshop, your children's lunches are then prepared and delivered to the classroom.



Please Note: Online orders need to be placed by 8:45AM sharp.

Helpful Tip: Orders can be placed prior to the morning by selecting days and dates at time of placing orders, helps to prevent missing the cut off time.

The traditional brown paper bag orders are still being accepted but need to be 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.



Check out our winter meal deal!

DAILY SPECIALS: MADE FRESH AT THE TUCKSHOP



<p>MONDAY OVEN BAKED FRIED RICE Ham \$3.50 Combination ham & chicken \$4.00</p>	<p>WEDNESDAY'S WRAP #ORIGINAL OR #SWEET CHILLI SCHOOL WRAP lett, tom, carrot, chic strip, bacon, bbq/mild sweet chilli sauce & mayo \$5.00</p>	<p>FRIDAY'S TRADITION #SPAGHETTI BOLOGNAISE A delicious creamy bolognaise sauce with spaghetti served with cheese made fresh at the tuckshop. \$4.50</p>
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\$4.50 - WINTER MEAL DEAL - \$4.50
PIZZA MUFFIN + BIGM FLAVOURED MILK
ham. cheese. pineapple – ham & cheese – chic. cheese. bba

WINTER WARMER
Chicken & Gravy Sub \$3
Chicken and Gravy Roll \$4

FOOD AVAILABLE EACH TUCKSHOP DAY:

SALADS BAR:

- # Side Salad..... 2.50
- #Salad Box (no meat)4.50
- # Chicken or Ham Salad Box.....5.50
- #1/2Chicken OR Ham Salad Wrap.....2.70
- # Full Chicken OR Ham Salad Wrap.....5.00
- #Fish & Side Salad.....5.20
- #Fish & Salad Wrap.....5.50
- #2 chicken strips & side salad.....5.50
- #Ham or Chicken Salad Sub – (small long roll, meat, lett, tom, cheese).....3.30

SANDWICHES: TOASTED OR FRESH

- # Salad Sandwich(no meat).....4.00
- #Chicken or Ham and salad.....4.50
- #Egg & Lettuce Sandwich.....3.20
- #Chicken, Lettuce & Mayo.....3.50
- #Cheese OR Ham3.00
- #Cheese & Tomato.....3.20
- #Chicken.....3.20
- #Chicken & Cheese.....3.70
- #Chicken, Cheese & Tomato.....4.00
- #Ham & Cheese.....3.20
- #Ham, Cheese & Tomato.....3.70
- #Ham, Cheese & Pineapple.....3.70

GLUTEN FREE FOODS:

- #Toasted Ham & Cheese Sandwich.....3.50
- GF Chicken Nuggets 5 pack includes tom sauce3.00

HOT FOOD AVAILABLE EACH TUCKSHOP DAY:

- Crumbed Fish Fillet.....2.70
- Meat Pie.....3.20
- Sausage Roll.....2.50
- Chicken Strip.....1.50
- Chicken DinoSnack Pack of 5 with sauce of choice.....3.00
- Pizza Muffin (ham,cheese pine - ham & cheese - chicken, cheese bbq).....2.70
- #Corn Cob.....1.20
- #Crunchy Chicken Sub(roll ,crumbed chick strip with lettuce & mayo).....3.30
- #Hot Dog Sub (roll,cocktail frank, lettuce, tom, cheese & tom sauce).....3.30
- Sauce: Tomato or BBQ3.00

SNACKS:

- #Boiled Egg.....1.00
- #Pikelet – Buttered.....50
- #Vita Wheat Biscuit with vegemite & cheese.....1.20
- Home Bake Patty Cake.....1.00
- Mini Choc Muffin (made in the Tuckshop).....1.00
- Double Choc Biscuit(made in the Tuckshop).....1.00
- Gingerbread Kid.....2.00
- #Popcorn......60
- Red Rock Honey Soy Chicken, Red Rock Sea Salt.....1.50
- BBQ Snaps(Gluten free).....1.50

FRUIT :

- Apple Crumble & Custard (made fresh at the tuckshop).....2.20
- #Apple Slinky.....1.00
- #Provide your Apple to be Slinkied.....10
- #Peaches & Custard.....2.50
- #Orange Slice - Fresh or Frozen.....20

DRINKS:

- #600mls Water.....1.50
- 300mls Classic Flavoured Milk – Chocolate-Strawberry.....2.50
- #250mls Big M Flavoured Milk Poppa – Chocolate or Strawberry.....2.00
- Plain Milk 300 mls.....1.50
- Juice Poppa – Apple, Paradise Punch & Apple/Blackcurrant.....1.50