

# DALBY STATE SCHOOL TUCKSHOP



## SMART CHOICE MENU

2<sup>nd</sup> & 3<sup>rd</sup> TERM 2019

### ICE BLOCKS: - AVAILABLE Both Breaks

Ordered Ice Blocks can be collected from the tuckshop after the play bell 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 2<sup>nd</sup> 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](http://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. There is no ordering at the counter. Please include child's name, class and time required, (1<sup>st</sup> or 2<sup>nd</sup> 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><u>MONDAY</u> OVEN BAKED FRIED RICE <u>Combination</u> ham &amp; chicken <b>\$4.00</b></p>	<p><u>WEDNESDAY'S</u> <u>WRAP</u> #ORIGINAL OR #SWEET CHILLI SCHOOL WRAP <b>\$5.00</b> <u>#CHICKEN PASTA</u> Small \$4.00 Large \$5.00</p>	<p><u>FRIDAY'S</u> <u>TRADITION</u> <u>Homemade</u> #SPAGHETTI BOLOGNAISE Small <b>\$4.50</b> Large <b>\$5.50</b></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..... 2.80
- #Salad Box (no meat) .....4.50
- # Chicken or Ham Salad Box.....6.00
- #1/2Chicken OR Ham Salad Wrap.....2.80
- # Full Chicken OR Ham Salad Wrap.....5.50
- #Fish & Side Salad.....5.50
- #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 Ham .....3.00
- #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 sauce .....3.00

HOT FOOD AVAILABLE EACH TUCKSHOP DAY:

- Crumbed Fish Fillet.....2.70
- Meat Pie.....3.20
- Sausage Roll.....2.50
- Chicken Strip.....1.70
- 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 BBQ .....30

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
- #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
- Cup of milk.....1.00
- Juice Poppa – Apple, Paradise Punch & Apple/Blackcurrant.....1.50