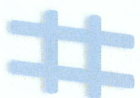


EVERYDAY

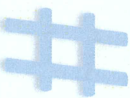
SUPER SALAD SPECIAL- \$10.00



- 1x Mexican Chicken Salad Bowl
- or
- 1x Rainbow Chicken Pasta Salad
- 1x Juice Poppa or Water
- 1x Quelch Fruit Stick
- 1x Apple Slinky or Watermelon
- 1x Red Rock Deli Chips

MONDAY

SUSHI DEAL \$10.



- 1x Chicken & Avocado Sushi Roll
- 1x Juice Poppa or Water
- 1x Red Rock Deli Chips
- 1x Apple Slinky or Watermelon
- 1x Snapstix

WEDNESDAY

CHEESEBURGER \$6.

Beef Patty, Cheese, tomato sauce.

CHICKEN WORKS \$7.

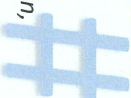
Chicken patty, cheese, Mayo, lettuce, tomato, carrot, beetroot.

WORKS BURGER \$8.

Beef Patty, cheese, BBQ sauce, lettuce, tomato, carrot, beetroot.

FRIDAY

PIZZA SUB \$5.



Choose either Ham & Pineapple, Vegetarian, BBQ Chicken, Meat & Cheese.

CHICKEN NUGGET MEAL DEAL \$10.

- 5x Chicken Nugget + Sauce
- 1x Juice Poppa or Water
- 1x Fruit Salad Cup
- 1x Snapstix

Chicken nuggets are ONLY available in a "Meal Deal" for Fridays

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 sharp.

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

TERM 4 2023

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.

- 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,

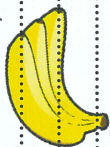
Wednesday, Friday - 9am to 1.30 pm

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

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

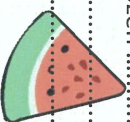
SNACKS

#Brain Pack	\$4.00
Carrot & cucumber sticks, ham slice, cheese slice, 1 boiled egg and rice crackers.	
#Veggie Pot	\$3.50
Carrot & cucumber sticks, cherry tomatoes, rice crackers & French onion dip.	
#Nibble Pack	\$2.50
Cheese, rice crackers & dried apple, apricot and sultanas.	
#Yoghurt Cup	\$2.50
Fresh vanilla yoghurt.	
#Yoghurt Swirl	\$4.50
Fresh vanilla yoghurt & seasonal fruits topped with granola.	
#Custard Cup	\$3.00
#Tasty Cheese & Rice crackers	\$2.00
#Boiled Egg	\$1.00
#Pikelet with Jam	\$1.00
#Pikelet with butter or plain	\$0.70
#Vita Wheat Biscuit with vegemite & cheese..	\$2.00
#Popcorn	\$0.70
Red Rock Deli Honey Soy Chicken Chips	\$2.00
Red Rock Deli Sea Salt Chips	\$2.00
BBQ Snaps(gluten free)	\$2.00
Vanilla Sprinkle Cupcake	\$1.50
Banana Bread	\$1.50
#Double Choc Chip Muffin.. (With Zucchini).....	\$1.50



FRESH FRUIT

#Whole Fruit- Apple/Mandarin/Orange.	\$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



SALADS BAR

# Mexican Salad Bowl	\$4.50
Lettuce, tomato, carrot, cheese, cucumber, crushed corn chips, chicken strip, sweet chilli mayo dressing.	
# Rainbow Chicken Pasta Salad	\$4.50
Bowtie Pasta, chicken, cucumber, carrot, corn, lettuce, tomato	
# Salad Box	\$5.50
Lettuce, tomato, cucumber, carrot, beetroot, ½ boiled egg, cheese	
# Chicken or Ham Salad Box	\$6.50
# Full Chicken OR Ham Salad Wrap	\$6.00
# ½ Chicken or Ham Salad wrap	\$3.30
# Ham or Chicken Salad Sub	\$3.80

SANDWICHES- TOASTED OR FRESH

# Salad Sandwich	\$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



HOT FOOD FRESH FROM THE OVEN

Snack Meat Pie.....	2.00	Meat Pie	\$4.50
Sausage Roll.....	3.00	Chicken Strip	\$2.50
# Corn Cob.....	1.60	Sauce Tomato/BBQ.....	\$ 0.40
Chicken Nuggets	* Mon & Wed ONLY*		\$4.00
Pack of 5 with sauce of choice			
#Crunchy Chicken Sub			\$4.00
Roll, chick strip with lettuce & mayo			
#Hot Dog Sub			\$3.80
Roll, cocktail frank, lettuce, tom, cheese & tom sauce			

GLUTEN FREE FOODS

#Toasted Ham & Cheese Sandwich	\$4.00
#Toasted ham, Cheese & Tomato Sandwich ...	\$4.50
GF Chicken Nuggets	\$4.00
5 pack includes tom sauce.	

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

Ordered Ice Blocks can be collected from the Tuckshop during eating time at both breaks with presentation of tuckshop bag or purchased over the counter.

Quelch Fruit Stick	\$0.50
Snapstix- Raspberry/Watermelon/Grape	\$1.00
Vanilla Ice Cream Cup	\$2.00
Icy Pole - Lemonade.....	\$2.00
Frozen Yoghurt	\$3.00

*Spoons and forks are provided where needed,
Extra spoons or forks..... 0.20



BIRTHDAY SPECIAL

*Celebrate your Childs birthday at school!
Choose from either of these deals to celebrate with the whole class!*

QUELCH FRUIT STICKS	\$15.00
VANILLA CUPCAKES	\$25.00

**Orders can be placed over the counter only- No QKR.
All orders must be made 3 days in advance.
Please notify your childs class teacher, so they can arrange a good time to celebrate!*