

TUCKSHOP MENU 2017

Open Monday to Friday 8:30am to 1:30pm

**Sandwiches**

- Available on white or wholemeal bread	
- Salad - lettuce, cheese, tomato, cucumber, carrot	
● Cheese, vegemite or jam	\$1.80
● Cheese & tomato	\$2.10
● Plain chicken, ham or tuna	\$3.00
● Chicken, ham or tuna with salad	\$4.00
● Egg & lettuce - curried or mayo	\$2.80
● Ham & Cheese	\$3.20
● Salad Sandwich	\$3.50
● Avocado add	\$0.40

Toasted Sandwiches

● Ham & cheese	\$3.50
● Cheese	\$2.10
● Cheese & tomato	\$2.40
● Chicken & cheese	\$3.50
● Chicken, cheese & Avocado	\$3.90

Wraps (Salad-Mayo, lettuce, cheese, tom, carrot, cucumber)

	Half	Full
● Chicken & salad	\$2.30	\$4.50
● Chicken tender with salad	\$2.30	\$4.50
● Cheese & salad	\$2.00	\$4.00

Build A Burger (Pick your pattie, add your filling)

● Chicken pattie in bun	\$3.60
● Beef burger pattie in bun	\$3.10
● Add cheese	\$0.30
● Add (each) lettuce, tomato	\$0.20
● Add (each) mayo or sauce (tomato/BBQ)	\$0.20

Snacks

● Hard boiled egg	\$1.00
● Corn on cob	\$0.50
● Seasonal fresh fruit or apple wedges	\$1.00
● Fresh fruit salad	\$2.00
● Vaalia yogurt 160g -French vanilla/strawb	\$2.00
● Yoghurt squishy – strawberry, tropical	\$1.50
● Custard cup	\$1.50
● Snack Pack-crackers, vege sticks, avocado dip	\$2.50
● Cracker stacks - rice crackers & cheese	\$1.00
● Frozen pineapple hula hoop	\$0.50
● Anzac biscuit	\$0.20
● Cinnamon muffin small	\$0.60

Brown bag	\$0.05
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Salad To Go Cup 15oz + Italian dressing

layers of grated carrot, cheese, lettuce, cucumber, tomato

● Topped with tuna, chicken or ham	\$4.20
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Sushi Roll (soy sauce 20c) **Available Tues-Friday**

● Tuna mayo	\$3.00
● Teriyaki chicken	\$3.00
● Chicken & avocado	\$3.00

Home Made Pizza's 6"

● Margarita (cheese)	\$3.70
● BBQ Chicken	\$4.00
● Hawaiian (ham, cheese, pineapple)	\$4.00

Hot Food

● Homemade spaghetti bolognese	\$4.00
● Sausage roll	\$2.70
● Beef pie (plain or potato top)	\$3.30
● Small beef pie	\$2.30
● Real chicken wedges x 3	\$2.60

Drinks

● Plain bottled water 600ml	\$1.20
● 100% Fruit popper 250ml -apple/pine/orange	\$1.20
● So Juicy 100% apple or orange	\$2.00
● Crazy lemon drink	\$1.60
● Breaka 250ml flavoured milk popper	\$1.60
● Breaka 300ml flavoured milk	\$2.10

Ice Treats

Moosie choc/straw/banana	\$1.00
Fruit stick or frozen fruit cup	\$0.60
Bulla lite vanilla ice cream 100ml	\$1.50
Frozen yogurt (all natural) Choc/straw/mango	\$2.00
Slushie	\$2.00
Island way sorbet 55ml	\$2.60

Order online and save timewww.munchmonitor.com

Sauce	Soy sauce	\$0.20
Tomato or BBQ sauce, salad dressing		\$0.30



www.munchmonitor.com

First time Log in details

Username: oxenford

Password: munch4210

Munch Monitor is our online Tuckshop ordering system and our preferred way to order. Available to order 24/7.

Orders need to be in prior to 8.45am of the day order is required.

Break times

1st Break

11:10 -

11:40

2nd Break

Notes:

Ice treats are not delivered to classrooms. Please bring paper bag back to tuckshop to collect.

Chicken breast and/or tenders used in sandwiches, wraps, salads

Menu approved by the P&C Association as at term 1, 2017

Fresh fruit available for purchase at
Breakfast for fruit break

Breakfast (Mon- Fri 8:30 - 8:45)	
● Breakfast Sub	\$1.00
● Fresh fruit	\$1.00
● Hash Brown (Limit 2 pp)	\$1.00

Smart Choices 2015

Healthy eating and regular physical activity are essential to promoting and maintaining good health.

The Smart Choices - Healthy food and drink supply strategy for Queensland schools is all about offering

healthy food and drink choices to students.

Choose plenty of GREEN foods - these are excellent sources of important nutrients and are low in saturated fat and/or sugar and salt.

Choose carefully small serves of AMBER foods - these have some nutritional value and have moderate amounts of saturated fat and/or salt.

Special meal deals will be scheduled throughout the year. Notes will be sent home.

How to order from the Tuckshop

Online ordering preferred

Order online via Munch Monitor 24/7

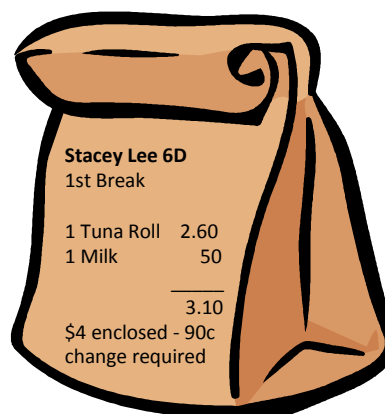
www.munchmonitor.com

or

Clearly write your Childs name, class and items ordered on separate brown bags for each break

- one for 1st break and one for 2nd break.

Include correct change if possible. Any change will be taped to inside of bag.



If you have any questions, please call the school on (07) 55857666