



TUCKSHOP MENU 2016

Open Monday to Friday 8:15am to 1:30pm

Sandwiches - Available on white or wholemeal bread

● Tuna Mayo	\$2.50
● Cheese	\$1.60
● Chicken	\$2.80
● Egg - curried or mayo	\$2.50
● Ham	\$2.80
● Vegemite or jam	\$1.40
Add (each)	
● lettuce, tomato, cheese, cucumber, carrot, beetroot	\$0.20
● Avocado add	\$0.40
Toasted add	\$0.30

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

	Half	Full
● Chicken & salad	\$2.20	\$4.20
● Chicken tender with salad	\$2.20	\$4.20
● Cheese & salad	\$2.00	\$3.50

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

● Chicken pattie in bun	\$3.50
● Beef burger pattie in bun	\$3.00
● Add cheese	\$0.30
● Add (each) lettuce, tomato	\$0.20
● Add (each) mayo or sauce (tomato/BBQ)	\$0.20

Hot Potato

● Ham & Cheese topped potatoes	\$4.00
● Baked bean & cheese topped potatoes	\$3.50
● Melted cheese topped potatoes	\$3.50

Snacks

● Hard boiled egg	\$0.80
● 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	\$0.50

Friday's only

● Hot dog with sauce (BBQ or tomato)	\$2.60
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Brown bag	\$0.05
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Salads (lettuce, egg, cheese, tomato, cucumber, carrot)

● Sml	\$2.50
● Lge	\$4.00
Add	
● Tuna, ham or chicken	\$1.00
● Beetroot	\$0.50
● Avocado	\$0.80

Sushi Roll (soy sauce 20c) Available Tues-Friday

● Tuna mayo	\$2.80
● Teriyaki chicken	\$2.80
● Chicken & avocado	\$2.80

Home Made Pizza's 6"

● Margarita (cheese)	\$3.60
● BBQ Chicken	\$4.00
● Hawaiian (ham, cheese, pineapple)	\$4.00

Hot Food

● Homemade spaghetti bolognese	\$4.00
● Sausage roll	\$2.60
● Beef pie (plain or potato top)	\$3.20
● Small beef pie	\$2.20
● Real chicken wedges x 3	\$2.50

Drinks

● Plain bottled water 600ml	\$1.00
● 100% Fruit popper 250ml -apple/pine/orange	\$1.00
● So Juicy 100% apple or orange	\$2.00
● Krazy lemon drink	\$1.50
● Breaka 250ml flavoured milk popper	\$1.50
● Breaka 300ml flavoured milk	\$2.00

Ice Treats

● Moosie choc/straw/banana	\$1.00
● Fruit stick or frozen fruit cup	\$0.50
● Bulla lite vanilla ice cream 100ml	\$1.50
● Frozen yogurt (all natural) Choc/straw/mango	\$2.00
● Slushie	\$2.00
● Island way sorbet 55ml	\$2.50

Order online and save time



www.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, available 24/7.

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

Break times

1st Break
11:10 - 11:30
2nd Break
1:20 - 1:30

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 and sushi.

Menu approved by the P&C Association as at term 1, 2016

Fresh fruit available for purchase at
Breakfast for fruit break

Breakfast (Mon- Fri 8:15 - 8:45)	
●	Breakfast Sub \$1.00
●	Cereal Box \$1.50
●	Fresh fruit \$1.00
●	Hash Brown (Limit 2 pp) \$1.00

Smart Choices

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

Order online via Munch Monitor 24/7

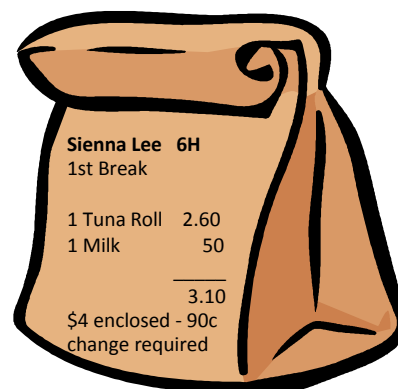
www.munchmonitor.com

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.

Tuckshop can supply bags for 5c each if you run out.



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