

SMART CHOICE FOOD & DRINK CRITERIA FOR QUEENSLAND SCHOOLS

Our School Tuckshop complies with the smart choices food and drink criterion which is set out by the Queensland Government. It is classified as the following:

GREEN - foods that are healthy and children should be encouraged to eat these foods daily.

AMBER - these goods should be selected carefully, while they generally are low in fat, salt and sugar. It is recommended that the children should only choose **ONE** of these items in a breaktime.

RED - these are occasional foods. They include lollies, chips and soft drinks.

ALLERGIES

Does your child suffer from any food related allergies?

If so, please feel free to pop in or call the Tuckshop to have a chat about how we can help.

Tuckshop Convenor
Robyn - 4659 2123



THANK YOU FOR YOUR SUPPORT!

VOLUNTEERS ALWAYS



NEEDED



Can you spare an hour or two a week, fortnight or a month to help out in the tuckshop? You could even buddy up and bring another parent with you.

The children love to see parents, grandparents and carers when they collect their tuckshop.

Pop in for a chat and we can sort a time that works best for you.

FAST & EASY ONLINE ORDERING FOR THE SCHOOL TUCKSHOP & UNIFORM SHOP

Download the Qkrl App on your device & find our school.

Online orders for the Tuckshop are to be completed by 8:30am on the same day.

Online orders for the Uniform Shop

Orders will be filled on Monday morning and Thursday afternoon. They will then be available for collection from the school office Monday's from 9am and Thursday's from 2:30pm. Either you or the student can collect the order from the office.

Tuckshop Ordering Hints

- Please use a separate bag for each break
- The child's class and name **MUST** be written on each bag
- If change is required and it's under \$5, it will be taped to the bag. Otherwise, it will be sent to the office for collection at 3pm
- PLEASE DO NOT USE STAPLES OR STICKY TAPE
- If you are concerned about the money falling out, please use a ziplock bag

THE SNACK SHACK

TUCKSHOP WINTER MENU



OUR TUCKSHOP IS OPEN WEDNESDAY, THURSDAY AND FRIDAY

8AM TO 2PM



GLENVALE

Glenvale

State School
P&C ASSOCIATION

THE SNACK SHACK

Open Wednesday, Thursday, Friday
8am - 2pm

TUCKSHOP

WINTER MENU



SANDWICHES/WRAPS/ROLLS

Jam	\$3.00
Cheese & Vegemite	\$3.50
Egg & Lettuce	\$4.00
Ham & Cheese	\$4.00
Salad	\$4.50
lettuce, tomato, cucumber, carrot & beetroot	
Ham & Salad	\$5.00
Chicken, Cheese & Mayo	\$5.00
Chicken & Salad	\$5.50
Chicken Caesar Wrap	\$6.00

pulled chicken, bacon pieces, sliced egg, lettuce, cheese & Caesar dressing

Please state if you would like a sandwich, wrap or roll.

TM - YOUR CHOICE OF WHITE OR WHOLEMEAL BREAD, GLUTEN FREE WRAPS

All items can be FRESH or TOASTED

HOT FOOD

Chicken chips	\$3.50
Hotdog	\$4.00
Pizza - TM	\$4.00
Cheese or Hawaiian	
Sausage Roll	\$4.50
Fried Rice	\$4.50
oven baked	
Chicken Burger	\$5.00
chicken patty, lettuce & mayo	
Hamburger	\$7.00
beef patty & salad, tomato or BBQ sauce	



SPECIALS

AVAILABLE BOTH BREAKS



MAC & CHEESE WEDNESDAY

Macaroni Cheese \$6.00
Macaroni pasta with cheese sauce

ITALIAN THURSDAY



Spaghetti
Bolognaise \$6.00
mince with bolognaise sauce served with spaghetti pasta

MINI MENU

Mini Hotdog	\$2.50
Mini Sausage Roll	\$2.50
Mini Pizza - TM	\$2.50
Cheese or Hawaiian	
Mini Pie	\$3.00

GLUTEN FREE

Gluten Free Mini Pizza - TM	\$2.50
Cheese or Hawaiian	
Gluten Free Chicken Pack	\$4.00
4 gluten free nuggets with carrot sticks, cucumber sticks & cheese cube	

EXTRAS

Tomato, BBQ or Mayo	50c
Extra Filling	50c
(on sandwich, wrap or roll)	

TM - Tuckshop Made

SALAD BOXES

Garden Salad	\$5.00
lettuce, tomato, cucumber, carrot, beetroot & include cutlery & mayo	
Garden Salad with Ham or Egg	\$5.50
Garden Salad with Chicken	\$6.50
Chicken Caesar Salad	\$7.00
pulled chicken, lettuce, cheese, diced bacon, sliced egg, croutons, plus Caesar dressing	



FRESH FRUIT

Apple	\$1.00
Fruit Cup - a cup of 3 seasonal fruits	\$3.00

SNACKS & TREATS

Fresh Popcorn	\$1.00
Raspberry & Banana Muffin - TM	\$2.00
ANZAC Slice - TM	\$2.00
Chocolate Brownie - TM	\$2.00
Yoghurt Berry Crunch	\$3.00

FROZEN TREATS

Fruity Ice Blocks	50c
Ice Mony	\$1.50

DRINKS

600ml Water	\$2.00
Extra Juicy Popper	\$2.50
apple, apple & blackcurrant or tropical	
Fresh Flavoured Milk	\$2.70
chocolate or strawberry	
Slushie - FIRST BREAK ONLY	\$3.00
Extra Slushie Flavour ADD 50c	
Hot Milo - FIRST BREAK ONLY	\$3.00
available Wednesday & Thursday	



FOR FAST & EASY ONLINE ORDERING

Download the Qkrl App & find our school
Online orders to be completed by 8:30am on the same day.