

## LUNCH TIMES:

**First Break** 10:50am – 11:30am

**Second Break** 1:30pm – 2:10pm



### ***How you can help the School and your children***

We rely on the valuable assistance of parents as volunteers to help prepare and serve food from our Tuckshop.

- ✦ You could attend Tuckshop once a month from 9:00 am to 2:00 pm to help prepare and serve. Helping for half a day is also a possibility.
- ✦ You could be on stand-by in case of illness or special events eg Sports Day

### ***What's In It For You?***

- ✦ Your children enjoy seeing you at school
- ✦ You can meet people with similar interests
- ✦ You get satisfaction from helping, because you are helping the school.

### ***General Information***

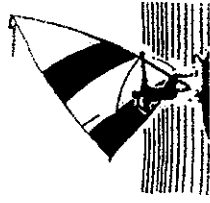
We ask parents to please use two bags when ordering for BOTH First and Second Break. This greatly reduces the time it takes to record the orders. Please do not forget to put name and class on each bag. Please ensure bags are folded securely to stop money falling out. Please do not staple the bags as they rip when opening. ***Alternatively, the tuckshop sell reusable bags for \$5 each. One for each break is recommended. They are available for viewing at the tuckshop.***

Orders are collected by Tuckshop Monitors. This eases the congestion at the Tuckshop windows and makes sure that every child receives his/her food in the break times. Parents may of course order for either break times.

Bags are available at the Tuckshop for 10 cents each. If you do not have any on the day, please write your order on an envelope and add 10 cents to the total per order. A bag will be written out for your child's order. A notice will be sent home if the Tuckshop has provided food for your child, which has not been paid for on the day. Circumstances where this might arise are; when a child has forgotten his/her lunch and Mum is not at home; the lunch has been eaten before the lunch break; or lost; and the child is obviously hungry. Your child will receive a sandwich.

***Our Volunteers are always needed and very much appreciated.***

# Tannum Sands State School Tuckshop Menu Terms 2 and 3, 2017



**Our Tuckshop Convenor is Maree O'Toole – Ph 49799138**

## Tuckshop Operates EVERY DAY

# Smart

**Smart Choices categories for food and drinks are as follows:**

### **RED**

#### **Occasionally**

Consume occasionally – these lack adequate nutritional value, are high in fat / sugar / salt.

### **AMBER**

#### **Select Carefully**

Mainly processed with some fat / sugar / salt.

### **GREEN**

#### **Have Plenty**

Basic five food groups and low in fat / sugar / salt and rich in nutrients.



Phone: 07 4979 9111

Fax: 07 4979 9100

Email:

[pandc@tannsands.eq.edu.au](mailto:pandc@tannsands.eq.edu.au)

**FRESH CHOICES**

- Cheese/vegemite/baked bean sandwich
- Chicken, ham, tuna and egg sandwich
- Salad sandwich/wrap/roll with ham or chicken
- Salad plate with ham, chicken and tuna
- Extras: toasting cheese
- \$2.50 G
- \$3.00 G
- \$4.00 G
- \$5.00 G
- \$5.00 G
- \$6.00 G
- \$0.50
- \$0.50

**HOT CHOICES**

- Gluten free ham and cheese muffin
- Chicken burger (lettuce or mayonnaise) with salad
- Tannum Twist (Chicken lavish with lettuce/cheese)
- Homemade pasta bake (mince based)
- Homemade Chicken and Vegetable Risotto
- Hot Dogs 97% fat free
- Fishy Pocket (Pocket Bread, Lett/mayo/2 fish fingers)
- Yummy in a Bag (Pocket Bread, Lett/mayo/yummy drummy)
- Yummy Drummy
- Fish Fingers
- Noodles Beef, Chicken
- \$2.50 G
- \$4.00 G
- \$5.00 G
- \$4.00 G
- \$4.00 G
- \$2.70 A
- \$2.50 A
- \$1.50 A
- \$0.60 A
- \$2.50 A

**HEALTHY SNACKS**

- Bunny Pack (Carrot Sticks)
- Sticks in the Mud (Carrot & Celery Sticks & Mayo Dip)
- Popcorn
- Boiled egg
- Apple slinky
- Corn on the cob
- Fruit tub
- Low Fat Custard Cup
- Gluten Free Cake
- Gluten Free, Dairy Free Cake
- Muffins - Blueberry, Chocolate, Apple
- Home Baking
- \$0.50 G
- \$1.00 G
- \$1.00 G
- \$1.00 G
- \$1.00 G
- \$2.50 G
- \$1.50 A
- \$1.00 A
- \$2.00 A
- 5:0/\$1 A

**DRINKS**

- Bottled Water
- small 200ml
- medium 600 ml
- large 750ml
- Nippy's Low Fat (S'berry/Chocolate/Vanilla)
- Breaka Smarter Milk (S'berry, Chocolate, Banana)
- Juice Popper
- Slush small
- \$1.00 G
- \$2.00 G
- \$3.50 G
- \$2.00 A
- \$2.50 A
- \$1.50 G
- \$2.50 A

**FROZEN TREATS**

- Yogurt Cup fat free (S'berry/Mango)
- Yoghurt Sticks
- Dixie Cup 97% fat free
- OTHER**
- Paper bags
- Sauce - BBQ and Tomato
- \$2.50 A
- \$0.50 A
- \$1.60 A
- \$0.10
- \$0.30

**PLEASE NOTE**

Sandwiches are a choice of white, wholemeal, multi-grain or gluten free bread.  
Burgers are made on wholemeal buns  
Hot Dog Rolls are made on white buns  
Pies and sausage rolls are bakery fresh using quality lean meat and light pastry

**DAILY SPECIALS**

- MONDAY**
- Sausage Rolls \$3.00 A
- Party Pie \$1.50 A
- TUESDAY**
- Hamburger -meat/cheese/sauce \$4.00 G
- Hamburger - meat/salad \$5.00 G
- (Chicken and Gravy Roll) \$4.00 G
- WEDNESDAY**
- Savoury Mince & Veg Rolls \$4.00 G
- (mince, carrot and peas)
- THURSDAY**
- Homemade Pizza \$3.50 G
- Hawaiian (Bacon/cheese/pineapple) \$3.50 G
- Chicken Supreme
- (chicken/BBQ sauce/cheese/capsicum)
- FRIDAY**
- Sausage Roll \$3.00 A
- Party Pie \$1.50 G
- Shepherd's Pie \$4.00 G
- (mince/carrot/peas/potato)

**MEALS DEALS**

- MEAL DEAL 1**
- Tannum Twist \$5.50 G
- Bunny Pack
- Small Water
- MEAL DEAL 2**
- Chicken Burger
- Apple slinky
- Nippy's Milk
- \$7.00 G
- MEAL DEAL 3**
- Yummy in a pocket
- Popcorn
- Juice
- \$4.00 G