

## MORNING TEA

### SNACKS

■ Fruit salad cup	\$1.50
■ Custard or yoghurt cups	\$1.20
■ Custard or yoghurt and fruit cups	\$1.60
■ Corn cob	\$0.50
■ Warm cheese and garlic bread	\$1.00
■ Frozen yoghurt	\$1.60
■ Veggie sticks and hommus dip	\$1.50
■ Rice crackers with tomato cheese/ham cheese	\$1.50
■ Mixed dried fruit	\$0.50
■ Apple slinky (includes apple)	\$0.80
■ Fruit bread buttered (1 slice)	\$0.50
■ Pikelets (buttered pair)	\$1.00
■ Muffin (assorted)	\$1.50
■ Apple pie *light warm or cold	\$1.50
■ Gingerbread People	\$1.50
■ Chips—Red Rock Deli; Ajitas vege chips; popcorn	\$1.00



### DRINKS

■ Spring water 600ml	\$1.00
■ Frozen juice cups 110ml—orange	\$0.80
■ Smart juice bottle 400ml—apple; orange	\$2.00
■ Popper juice 250ml—tropical; apple; orange; apple/blackcurrent	\$1.30
■ Breaka milk 250ml—chocolate; strawberry; vanilla	\$1.70
■ Plain milk 250ml	\$1.10
■ Moo popper milk 250ml—chocolate; strawberry	\$1.30
■ Cup of warm Milo 250ml	\$1.50



### ICEBLOCKS

- Range between 50 cents and \$1.30

*Over counter sales of chips & ice blocks at play time only.*

Use separate bags for Little/Big lunch orders and write 'NAME', 'CLASS', 'LITTLE' OR 'BIG LUNCH'

## MORNING TEA &/OR LUNCH

### SANDWICHES/WRAPPS/RICE CAKES (toasted available)

Sauces—mayo; sweet chilli; BBQ; Tomato. (Hommus, onion 20 cents extra)

■ Chicken, Tuna (spring water)	\$3.50
■ Chicken, Tuna with salad (lettuce, carrot, beetroot, sprouts, tomato & cucumber)	\$4.00
■ Cheese and salad	\$3.50
■ Egg and lettuce	\$3.50
■ Cheese	\$2.50
■ Baked beans/spaghetti	\$2.50
■ Salad (lettuce, carrot, beetroot, sprouts, tomato & cucumber)	\$3.50
■ Cheese and tomato	\$3.00
■ Chicken and cheese	\$3.50
■ Ham / Ham with cheese & tomato / Ham & tomato / Ham & cheese	\$3.50
■ Ham with salad	\$4.00
■ Vegemite or honey	\$1.50



### BIG LUNCH ONLY FOODS (ALL HOMEMADE)

■ Pizza slab—vegetable	\$2.50
■ Pizza slab—ham/pineapple	\$2.50
■ Spaghetti bolognaise	\$3.00
■ Macaroni cheese	\$3.00
■ Cup of pumpkin soup with bread roll	\$2.00
■ Quiche (no pastry) vegetarian	\$3.00
■ Quiche (no pasty) ham & tomato	\$3.00
■ Chicken and gravy rolls	\$3.80
■ Salad box - dressing French or Italian	\$3.00
Salad box add ■ ham, ■ chicken, ■ tuna or ■ egg	\$4.00

### ONLY AVAILABLE MONDAY, WEDNESDAY, FRIDAY

■ Sausage rolls	\$2.50
■ Pies—chicken and vegetable or beef	\$3.00
■ Tomato sauce (squeeze)	\$0.25

### FRIDAYS ONLY

■ Hot dogs with tomato sauce	\$2.50
Cheese; onion and/or ham	Each \$0.30



This menu is set out with the foods marked with different colours to help make a healthier food choice.

This menu complies with the Queensland Tuckshop Smart Choice Guidelines, for further information Google "smart choices".

We use 282 free wholemeal bread from the local bakery. We also use fresh vegetables and salad from the schools garden where possible.

Please contact me to discuss any of your child's special needs. I'm happy to help.

### ■ Have Plenty

These foods are excellent sources of important nutrients, are low in saturated fat, sugar and salt.

Help to avoid excess kilojoules.

### ■ Select Carefully

These foods and drinks have some nutritional value, have moderate amounts of saturated fat, sugar and salt.

In large serves contribute to excess kilojoules.

**Tuckshop helpers are Always welcomed and needed.**

Tuckshop Convenor—Catherine Richmond

Tuckshop Assistant—Monique Horn



## TUCKSHOP MENU 2008

**MONDAY—FRIDAY  
OPENS 8:30 A.M.**

**EUMUNDI STATE SCHOOL  
22 Caplick Way, Eumundi Qld. 4562  
Telephone 5472 6332**





