

## SNACKS

<b>Popcorn</b>	<b>SB</b>	<b>\$0.50</b>
<b>Carrot Sticks</b>		<b>\$0.50</b>
<small>(Half a carrot cut into sticks)</small>		
<b>Fresh Piece of Fruit</b>	<b>BS SB</b>	<b>\$1.00</b>
<b>Choc Chip Biscuit</b>	<b>★ BS SB</b>	<b>\$1.00</b>
<b>Chocolate Brownie</b>	<b>☺ SB</b>	<b>\$1.00</b>
<b>Scroll – Cheese &amp; Vegemite</b>	<b>☺ SB</b>	<b>\$1.00</b>
<b>Banana Muffin</b>	<b>☺ SB</b>	<b>\$1.00</b>
<b>Snap Chips</b>	<b>GF BS SB</b>	<b>\$1.00</b>
<small>(Salsa or BBQ Flavour)</small>		
<b>Pikelets x 2</b>	<b>☺</b>	<b>\$1.50</b>
<small>Plain, Jam OR butter – specify</small>		
<b>Yoghurt Tub</b>	<b>BS SB</b>	<b>\$1.50</b>
<small>(Vanilla or Berry)</small>		
<b>Fruit Tub</b>	<b>BS</b>	<b>\$2.00</b>
<small>(Seasonal fruit)</small>		
<b>Super Snack Pack</b>		<b>\$2.00</b>
<small>(Celery &amp; Carrot Sticks, Cucumber, Cherry Tomato, Cheese, Crackers &amp; Your choice of <b>Hommus</b>, <b>Guacamole</b> or <b>Salsa</b> dip)</small>		
<b>Crackers &amp; Cheese x 4</b>		<b>\$1.00</b>

## FROZEN SNACKS

<b>Quelch Ice Block</b>	<b>SB</b>	<b>\$0.50</b>
<small>(A token will be sent with the lunch order for collection at second break)</small>		
<b>Twisted Frozen Yoghurt</b>	<b>BS SB</b>	<b>\$2.00</b>
<small>(Watermelon/Mango or Chocolate)</small>		
<b>Vanilla Ice Cream Tub – 97% fat free</b>	<b>SB</b>	<b>\$2.00</b>

## BEFORE SCHOOL

<b>Cold Milo – Term 1 &amp; 4</b>	<b>\$1.00</b>
<b>Warm Milo – Term 2 &amp; 3</b>	<b>\$1.00</b>

## DRINKS

<b>Water (600ml)</b>	<b>BS SB</b>	<b>\$1.00</b>
<b>Juice, 100% Fruit</b>	<b>BS SB</b>	<b>\$1.00</b>
<small>(Apple, Tropical or Apple &amp; Blackcurrant)</small>		
<b>Plain Milk (300ml)</b>	<b>BS SB</b>	<b>\$1.00</b>
<b>Focus Water</b>	<b>SB</b>	<b>\$1.50</b>
<small>(Lemonade or Fruit Tingle)</small>		
<b>Quench Mineral Water (300ml)</b>	<b>SB</b>	<b>\$1.50</b>
<small>(Apple/Raspberry, Cola &amp; Blue Heaven)</small>		
<b>Flavoured Milk (300ml)</b>	<b>BS SB</b>	<b>\$2.00</b>
<small>(Chocolate or Strawberry)</small>		

## SANDWICHES

<b>Plain Sandwich</b>	<b>☺</b>	<b>\$1.50</b>
<small>(Vegemite, Honey or Strawberry Jam)</small>		
<b>Ham OR Cheese Sandwich</b>	<b>☺</b>	<b>\$2.50</b>
<b>Chicken Sandwich</b>	<b>☺</b>	<b>\$3.00</b>
<b>Salad Sandwich</b>	<b>☺</b>	<b>\$3.50</b>
<small>(Cheese, Lettuce, Tomato, Beetroot, Cucumber, &amp; Carrot)</small>		

## ADDITIONS/VARIATIONS

<b>Wrap</b>	<b>\$0.50</b>
<b>Gluten Free Bread</b>	<b>\$1.50</b>
<b>Lettuce, Tomato, Beetroot, Cucumber or Carrot (EACH)</b>	<b>\$0.25</b>
<b>Ham OR Cheese</b>	<b>\$0.50</b>
<b>Chicken</b>	<b>\$1.00</b>
<b>Wholemeal Bread, or Toasted – FREE upon request</b>	

## SAUCE

<b>Tomato or BBQ Sauce</b>	<b>\$0.20</b>
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## SALAD

<b>Salad Box</b>	<b>☺</b>	<b>\$4.00</b>
<small>(Lettuce, Sliced Tomato, Beetroot, Cucumber, Carrot &amp; Grated Cheese)</small>		
<b>Salad Dressing (Italian or French)</b>		<b>\$0.50</b>
<b>Hokkien Noodle Salad</b>	<b>☺</b>	<b>\$3.50</b>
<small>(Hokkien noodles, Snow peas, Carrots, Capsicum with sweet soy sauce)</small>		
<b>Brown Rice Salad</b>	<b>☺</b>	<b>\$3.50</b>
<small>(Celery, Carrot, Corn Capsicum &amp; Cherry Tomato with Honey/Dijon dressing)</small>		
<b>Add Chicken</b>		<b>\$1.00</b>

## HOT FOOD

<b>Cob of Corn (1/2)</b>	<b>V</b>	<b>\$0.50</b>
<b>Plain Rice</b>	<b>☺ V</b>	<b>\$1.00</b>
<b>Snack Pie</b>		<b>\$1.50</b>
<b>Sausage Roll</b>		<b>\$2.00</b>
<b>Noodles, Chicken Flavour</b>		<b>\$2.00</b>
<b>Hot Dog</b>		<b>\$2.00</b>
<b>Hot Dog with cheese</b>		<b>\$2.50</b>
<b>Tuckshop Twister</b>		<b>\$3.00</b>
<small>(Chicken Patty, Lettuce, Cheese &amp; Mayo in a Wrap)</small>		
<b>Pizza</b>	<small>(Ham &amp; Pineapple or BBQ Chicken)</small>	<b>\$2.50</b>
<b>Fried Rice</b>	<b>☺ V</b>	<b>\$3.00</b>
<b>Burrito</b>	<b>☺</b>	<b>\$3.00</b>
<small>(Meat, cheese, tomato, salsa &amp; lettuce wrap)</small>		
<b>Lasagne</b>	<b>☺</b>	<b>\$4.00</b>
<b>Spaghetti Bolognese</b>	<b>☺</b>	<b>\$4.00</b>
<b>Spaghetti Bolognese – Gluten Free</b>	<b>☺</b>	<b>\$4.00</b>
<b>Large Pie</b>		<b>\$3.00</b>
<b>Hamburger</b>	<small>(Beef Patty, Lettuce, Cheese, Beetroot &amp; Tomato)</small>	<b>\$4.00</b>
<b>Cheeseburger</b>	<small>(Beef Patty, Cheese &amp; Tomato Sauce)</small>	<b>\$3.50</b>
<b>Chicken Burger</b>	<small>(Chicken Patty, Lettuce, Cheese &amp; Mayo)</small>	<b>\$4.00</b>

# HOW TO ORDER?

**ONLINE?** ENJOY THE CONVENIENCE &  
GO CASHLESS at [www.flexischools.com.au](http://www.flexischools.com.au)

## CLASSROOM TUCKSHOP BOX?

- ✓ WE REQUIRE PAPER BAGS ONLY
- ✓ Please PRINT CHILD'S NAME & CLASS across the top of the bag, followed by their order
- ✓ DO NOT USE STAPLES OR TAPE
- ✓ If enclosing payment for sibling order/s in one bag, please indicate this on ALL orders!  
EG: Payment for Arya Stark 1ABC included in Jon Snow 2DEF & Jon Snow 2DEF includes payment for Arya Stark 1ABC

## -- ALLERGIES --

Please notify **"CHILD WITH ALLERGIES"** on all orders. This will assist us with our food preparation & handling & in the case of substituting foods.

## - SUBSTITUTIONS -

Occasionally, we may need to substitute food items. We apologise for any inconvenience this may cause and can assure you of our best intentions always, we will always attempt to accommodate the needs of the children.

## IMPORTANT TUCKSHOP INFORMATION

### Opening Hours

**Morning Window Service: from 8.30am**

Limited selection of food & drinks available

**First Break (by order only): 11am**

The main school meal of the day

**Second Break Window Service: 1.00pm**

All drinks, snacks & ice blocks are available at this time. No 'lunch items' such as sandwiches or hot food



Can you spare just ½ hour per week/fortnight?  
We'd love for you to join our Tuckshop family!  
Whether it be occasionally, weekly or fortnightly!

We support SMART CHOICES – Healthy Food & Drink Supply Strategy for Queensland.

- ☺ - Tuckshop Made
- ★ - Baked Fresh in Tuckshop
- V - Vegetarian
- GF - Gluten Free
- BS - Available Before School
- SB - Available at Second Break

## WACKY WEDNESDAY SPECIAL

\$5 VALUE MEAL DEAL available every Wednesday!  
This changes weekly so please refer to P&C FB page or notes sent home regularly for each special!

Menu Release - January 23rd 2017



**KIMBERLEY  
PARK STATE  
SCHOOL**

# TUCKSHOP

# MENU

Tuckshop (07) 3451 5369

[tuckshop@kimberleyparkss.eq.edu.au](mailto:tuckshop@kimberleyparkss.eq.edu.au)

## CONVENIENT ONLINE ORDERING!

[www.flexischools.com.au](http://www.flexischools.com.au)



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