

*Please help the tuckshop —  
We need you !!!*

Our tuckshop cannot run without helpers, we desperately need you.

Everyone is welcome. Even if it's just for an hour a week or less, every bit counts. No skills necessary, learn as you go.

If you have any questions or would like to come and help feel free to ring in the tuckshop hours on 49721955.

Blue card is essential. If you haven't got one, you may apply at the office.

Look forward to meeting you.

Thank you

*Dianne*

Co-Ordinator

Fresh and healthy menu

## HOW TO ORDER

Please use separate bags for 1<sup>st</sup> 2<sup>nd</sup> breaks.

### Prep, Year 1 and Year 2

How to order for first and second breaks:

Bring in a paper bag with your child's full name, class, which breaks, order items and correct money enclosed. Place in basket in classroom.

\*\*Tuckshop does have paper bags for ordering in the morning.\*\*

Cost of tuckshop lunch bag — 10c each.

Please note : Prep – Yr 2 cannot buy across the counter, they must order via bags.

### Year 3 to Year 7

How to order for first and second breaks :

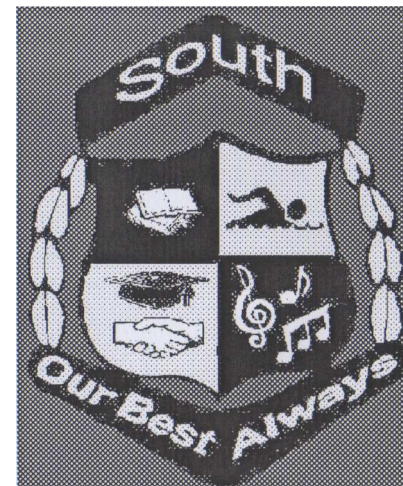
Students/Parents are to place their pre-order bags in the tuckshop for first and second break PRIOR TO 9.30AM.

Bring in a paper bag with your child's full name, class, which break, order items required and correct money enclosed. \*\*Tuckshop does have paper bags for ordering in the morning.\*\*

Cost of tuckshop lunch bag — 10c each.

## GLADSTONE SOUTH STATE SCHOOL

*153 Toolooa Street  
GLADSTONE 4680  
Ph: 49721955*



## TUCKSHOP MENU

### 2009

#### Tuckshop Times

Tuckshop open	Wednesdays, Thursdays & Fridays
Breakfast & orders	8.10am
First break	11.10am – 12.00pm
Second break	1.30pm – 2.00pm

**ALL ORDERS TO BE IN BY 9.30AM**

Breakfast (before school only)

Milo - cold	90c
Milo hot	80c
Toast - Vegemite or jam	50c
Cheese on toast	70c
Custard cup - light	\$1.20

Hot Foods (Both breaks)

Lasagne	\$3.00G
Spaghetti Bolognaise	\$3.00

Large Pie	\$3.00A
Macaroni & Cheese	\$3.00A
Party Pie - lite	\$1.00A
Chicken chips in a bucket	\$2.50A
Sausage Roll - lite	\$2.50A

Steak Sandwich – BBQ/Tom Sauce

with lettuce & tomato	\$4.00
full salad (contains lettuce, carrot, tomato, beetroot & cheese)	\$4.50

Chicken Burger -

with lettuce & mayo	\$4.00
Full salad	\$4.50

Toasted Sandwich

Chicken or Ham & Cheese	\$3.50
Chicken or Ham, Cheese & Tomato	\$3.70

Garlic Bread	\$2.00
Pluto Pups	\$1.50
Pizza • ham & pine or supreme	\$2.50
Pizza – cheese & bacon	\$2.50
Chicken nuggets	\$2.50

Apple pie - lite with custard	\$2.50
-------------------------------	--------

Sauce sachet	.30
--------------	-----

Drinks

Juice Popper (orange,apple & b/currant or tropical)	\$1.30
---	--------

Breakamilk- long life (choc/strawb/vanilla)	\$1.80F
---	---------

30m1 Fresh Breakas (choc/strawb)	\$1.80
----------------------------------	--------

Plain milk	\$1.20
------------	--------

Diet cordial cups (assorted)	.50
------------------------------	-----

Water	\$1.70
-------	--------

Sandwiches/Cold Food (grain or white bread)

Vegemite or jam	\$1.20
-----------------	--------

Cheese	\$1.50
--------	--------

Egg & Lettuce	\$2.50
---------------	--------

Ham or Chicken	\$2.80
----------------	--------

Meat & salad (ham or chicken)	\$3.50
-------------------------------	--------

Wraps – Salad	\$3.00
---------------	--------

Wrap - meat/salad (ham or chicken)	\$3.70
------------------------------------	--------

Salad tub	\$3.00
-----------	--------

Salad tub with meat, ham or chicken & mayo	\$3.70
--	--------

Muffins	\$1.50
---------	--------

Snacks

Custard Cups – light	\$1.20G
----------------------	---------

Fruit Salad tub	\$1.70G
-----------------	---------

Honey/soy chicken chips	\$1.70
-------------------------	--------

Air popped popcorn	.30G
--------------------	------

Burger, Chicken, S&V Pizza,	
-----------------------------	--

JJ Chips	\$1.30
----------	--------

JJ Noodle snacks, chicken, BBQ	.50
--------------------------------	-----

Hello Panda (choc biscuits)	.70
-----------------------------	-----

Fruca chews (blue, red, orange)	.20
---------------------------------	-----

Lamingtons	\$1.50A
------------	---------

IceCreams / Ice Blocks

Assorted iceblocks	from .50
--------------------	----------

Paddle Pops	\$1.20
-------------	--------

Dixie Cups	\$1.00
------------	--------

Icy Twists	\$1.00
------------	--------

Zing yoghurt iceblock	.50
-----------------------	-----

Frozen diet cordial cups – assorted	.60
-------------------------------------	-----

Frozen yoghurt – assorted	\$1.70
---------------------------	--------

Jelly Cups	.70
------------	-----

with custard	\$1.00
--------------	--------

Ice blocks and snacks served off the counter at the Second Bell both first and second breaks. No iceblocks served when wet weather.

Price are subject to change and items on this menu may change due to new regulations for healthy kids.

Smart Choices

Healthy Food & Drink Supply Strategy for Qld schools - all state school tuckshops have to apply & put into place a healthy & balanced eating plan. Guidelines must be implemented towards Green (G), Amber (A) and Red (R) foods, depending on fat & sugar content. These new food groupings have been indicated on the menu. Green foods - freely available; Amber foods - limited; Red foods - N/A.