

### Smart Choices Guidelines



The food in this menu follows the 'Smart Choices Guidelines' of Green and Amber classifications and portion sizes

The tuckshop is run by a Convenor and valued volunteers. If you have a few hours to spare on a Monday, Wednesday or Friday, please come along.

It is a great way to be involved in the school.

Volunteers get entered into a monthly draw to win meal deal vouchers as a thankyou for your help.



**\*\*We are registered with Mission Australia for volunteer placements**

Our new Milk provider is Pauls Milk.

Years Prep – 2 will be served Breaker UHT with a straw  
Years 3-6 will be served Breaker Fresh bottles

### Online Tuckshop Ordering

**Register at:**

<https://tuckshop.schoolshoponline.net.au/kilcoyss/index.aspx>

**For Uniforms:**

<https://schoolshoponline.net.au/kilcoyss/index.aspx>

**Online orders close at 7.45am each tuckshop day - no exceptions.**

The Tuckshop operates on a PAPER BAG system. Unless ordering online, please supply your own bags for easier processing. Bags can be purchased in packs of 20 for \$1.00 from Tuckshop or from Supermarkets.

If your child has an ALLERGY or NOT ALLOWED particular foods, please mark this CLEARLY on EACH bag.

Treat tickets can be purchased to ensure your child gets what you order over the counter and saves them handling money.

Mistakes with orders are possible. Children need to come to the tuckshop before eating if there is a problem and we will try to get it fixed.

ALL orders must be clearly marked with your child's Name and Class on a bag with the money inside. Orders can be given to the tuckshop before school or placed in the classroom box. Correct money is appreciated, but ALL change will be taped to the inside of the bag.

No late orders please.

## Kilcoy State School Tuckshop

Menu  
Term 1  
2015



*Tuckshop Operates Monday, Wednesday and Friday at first Break 11.00-11.30am*

Thank you for supporting the School P & C and Tuckshop We are members of Queensland Association of School Tuckshops and Canteens

**\*\*Please note for 2015**  
Some price changes have occurred and some previously sold items have been deleted & new items added .  
Thank you for your Understanding.

## Everyday Menu Items

Available every day.

Items can be purchased on their own for price listed or *with a drink as a*

***MEAL DEAL for \$5***

*Tomato or BBQ sauce 20c extra*

- **Chicken Delights (5)** 3.50
- **or Dinosaurs(5)** \$3.50
- Sauce extra 20c**
- **Small Pie / Sausage roll** sauce extra 20c \$3.50
- **Pizza Ham & Pineapple** \$3.50
- **Fantastic Noodle Cup** \$3.50
- **Mon/Wed Only Tubs**
- **Fruit salad tub** \$3.50
- **Fruit salad & yoghurt** \$4.50
- **Fruit salad with drink** \$5.00

## Sandwich/Rolls/Salads Monday and Wednesday

- **Small salad tub** 3.50  
Lettuce/carrot/tomato/cucumber/  
ham or chicken or tuna
- **Large Salad Tub** 4.00  
Lettuce/carrot/tomato/cheese/cucumber/  
with ham or Chicken or tuna (Boiled Egg extra  
50c)  
As a Meal deal with drink \$6.00 plus 50c if egg  
added 6.00
- **Sandwich options** 3.50  
**Ham or chicken & salad**  
Ham, cheese, tomato ,vegemite, tuna,  
egg & lettuce, Chicken& mayo  
As a meal deal with Drink \$5.00 5.00  
Rolls extra 50C
- Roll with any filling as above** 4.00  
**Roll & Drink \$6.00**

## Monday Specials

- Skinny Hot dog & sauce** 3.50  
Meal deal with drink 5.00
- Chicken & gravy roll** 4.00  
Meal deal with drink 6.00
- Lasagne** 4.00  
Meal deal with drink 6.00

## Wednesday Specials

- Roast pork & gravy roll** 4.00  
Meal deal with Drink 6.00
- Sweet chilli chicken tender roll with  
lettuce& mayo** 4.00  
Meal deal with Drink 6.00
- Lasagne** 4.00  
Meal deal with Drink 6.00

## DRINK CHOICES \$2

- Water
- Cold Milo (collect)
- Reduced Fat Milk—Strawberry or Chocolate
- Juice Poppers—apple, orange, tropical, blackcurrant

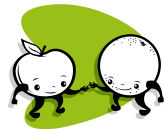
## SNACK CHOICES

(50c EXTRA)

SLINKY APPLE  
ORANGE WEDGES  
PINEAPPLE RING

CAKE PORTION

OR BAKED ITEM OF THE DAY  
Or seasonal fruit piece Monday/Wed



## Friday Specials

- Chicken burger with  
lettuce & mayo (mildly  
spicy)** 4.00  
Add Drink 6.00
- Lasagne** 4.00  
Add drink 6.00
- Skinny Hot Dog & sauce** 3.50  
Add Drink 5.00

## OVER COUNTER ITEMS

Available after 11.15

- Zooper dooper, sweet  
& lemonade ice blocks** 50c
- Juicies tropical/berry  
Jelly Ices** 20c
- Moosies ice cream** \$1.00
- Choc or Raspberry(Blue)  
Ice Cream Cups g/free** \$1.00
- Vaalia vanilla yoghurt** \$1.00
- Pauls custard Desert tub** \$1.20
- Popcorn** 50c
- All Chips** \$1.20
- Up &Go choc before9am** \$1.50
- Carbonated Drinks** \$2.00
- LOL, Quench**



### How Meal Deals work **\$5 and \$6**

Choose **one** meal and **one**  
drink option  
eg Lasagne and Chocolate Milk \$6  
Or  
Chicken Delights and Water \$5