



School Tuckshop Healthy Choices Menu

Tuckshop is open every Wednesday, Thursday & Friday

Tuckshop Convenor – Anna Sinitsky

This menu has been developed in line with Smart Choices

☺ **Green – Healthy Choice** | ☹ **Amber – Sometimes Choice**

SANDWICHES	
☺ Vegemite	\$3.00
☺ Cheese	\$3.00
☺ Ham	\$3.50
☺ Ham, Cheese and Tomato	\$4.00
☺ Salad	\$4.00
☺ Ham and Salad	\$4.50
☺ Chicken and Salad	\$4.50
<i>**Salad: Lettuce, Tomato, Carrot</i>	
SALAD BOXES	
<i>**Salad: Lettuce, Tomato, Corn, Carrot</i>	
☺ Plain Salad	\$5.00
☺ Ham and Salad	\$6.00
☺ Chicken and Salad	\$6.00
☺ Tuna and Salad	\$6.00
☺ Dressings	\$0.50
Extras: Grated Cheese	\$0.50
SEASONAL FRUIT	
☺ Sliced Watermelon (Summer)	\$1.00
☺ Assorted fruit pieces	\$1.00
☺ Fruit Cups	\$1.50
HOT FOOD	
☺ Lasagne	\$4.00
☺ Fried Rice	\$4.00
☹ Mini Pies	\$3.00
☹ Sausage Rolls	\$3.00

SNACKS	
☺ Cheese & Crackers	\$2.00
☺ Popcorn	\$1.00
☺ Chips	\$0.50c
☺ Banana Bread	\$1.00
☺ 2 x Pikelets with Jam & Butter	\$2.00
DRINKS	
☺ Flavoured Milk	\$2.00
☺ Plain Water	\$1.00
☺ Juice No Added Sugar	\$2.00
ICE BLOCKS	
☹ Mini Callipo	\$1.00



How to order:

The Tuckshop runs on a **brown bag** system. Please use separate bags for hot and cold orders. Clearly label bags with:

- Child's name
- Class
- Food order

If possible, please try to include the correct change. Orders should be placed no later than 8:45am into the classroom Tuckshop Box.

Thank you Anna Sinitsky