



School Tuckshop Healthy Choices Menu

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 or Jam | \$3.00 |
| 😊 Cheese | \$3.00 |
| 😊 Egg and Lettuce | \$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, Cheese</i> | |
| 😊 Plain Salad | \$5.00 |
| 😊 Ham and Salad | \$6.00 |
| 😊 Chicken and Salad | \$6.00 |
| 😊 Tuna and Salad | \$6.00 |
| SEASONAL FRUIT | |
| 😊 Sliced Watermelon (Summer) | \$1.00 |
| 😊 Assorted fruit pieces | \$1.50 |
| HOT FOOD | |
| 😊 Lasagne | \$4.50 |
| 😊 Mini Pies | \$3.00 |
| 😊 Sausage Rolls | \$3.00 |

| SNACKS | |
|------------------|--------|
| 😊 Popcorn | \$1.00 |
| 😊 Chips | \$1.00 |
| DRINKS | |
| 😊 Flavoured Milk | \$2.00 |
| 😊 Plain Water | \$1.50 |
| 😊 Juice | \$2.00 |
| ICE BLOCKS | |
| 😊 Ice Blocks | \$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 need to be placed into the classroom Tuck Shop box no later than 8:45am.

Thank you Anna Sinitsky.

