

EMU PARK STATE SCHOOL TUCKSHOP LIST – JANUARY 2019: OPEN MONDAY, TUESDAY, WEDNESDAY & THURSDAY - BOTH BREAKS. SET MENU ON FRIDAY– ORDERS PLACED IN CLASSROOM BOXES EVERYDAY BY 9AM

SANDWICHES

A Vegemite	\$2.00
A Vegemite & Cheese	\$2.50
A Cheese	\$2.50
G Egg	\$2.50
G Chicken/Ham/Tuna	\$3.50
G Salad	\$3.50
Toasted or Cheese	\$0.50

WRAPS

G Salad Wrap	\$3.50
G Chicken/Ham/Tuna & Salad Wrap	\$4.50
G Chicken, Lettuce, Mayo	\$4.00
A Toasted	
Ham, Cheese, Pineapple	\$4.00
Ham & Cheese	\$4.00
A Sweet Chili Chicken Lettuce & Mayo	\$4.50
A Sweet Chili Chicken & Salad	\$5.50

HOT FOODS

G Pizza: Cheese & Bacon	\$2.50
Hawaiian	\$2.50
A Cheese Burger	\$4.00
A Fish Burger	\$5.00
A Fish piece crumbed	\$3.00
A Chicken Burger:	
With Lettuce & Mayo (CLM)	\$4.00
With Salad	\$5.00
A Hamburger with Salad	\$5.00
A Party Pies	\$1.00
A Pies Four n Twenty Lite	\$3.00
A Sausage Rolls	\$3.00
A Chicken Balls (5)	\$3.00
A Sweet Chili Chicken strips (2)	\$3.50
A Macaroni Cheese	\$3.00
A Fried Rice	\$3.00
A Spaghetti Bolognaise	\$3.00
A Lasagne	\$3.00

SALADS

G Salad Plate	\$4.00
G Chicken/Ham/Tuna Salad Plate	\$4.50

SNACKS

G Cheese and Crackers	\$2.00
G Fresh Fruit	\$1.00
G Boiled Egg	\$1.00
G Carrot Sticks	\$1.00
G Popcorn	\$1.00
A Gingerbread Man	\$1.00
A Slice of the Day	\$0.50
A Small Chips	\$0.50
A 2 Mini Muffins	\$0.50

DRINKS

G Bottled Water 600ml	\$1.00
A Poppa 250ml	\$1.50
A Breaka Milk 250ml	\$2.00
Choc, Strawberry	
G Smoothies –	
Banana, Mixed Berry or Mango	\$3.00
A Slush Puppy	\$2.00

ICY TREATS

A Frozen Yoghurt	\$1.50
A Dixie Cup	\$1.50
A Paddle Pops,	\$1.50
Choc	
A Paddle Pop Icy Twist Lemonade	\$1.50
A Quench Icy Poles	\$0.50
A Zing Icy Pole	\$1.00
A Mini Calippo	\$1.00
A Shaky Shake	\$2.00

FRUIT TREATS

G Seasonal Fresh Fruit Cup	\$3.00
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TUCKSHOP TIPS

- ✓ Correct money please, as change will be taped to the bag & the tuckshop will not be held responsible for any loss once orders have been received.
- ✓ All orders are to be placed in Tuckshop boxes located in classrooms.
- ✓ **No orders taken directly at tuckshop**
- ✓ Ice Blocks to be collected from tuckshop when the play bell rings
- ✓ **If you have a sticker on your bag please go to the tuckshop to see Heidi.**

SMART CHOICES

(Healthy Foods & Drink Supply Strategy for Qld Schools)

Queensland State School Tuckshops have in place a healthy, balanced eating plan.

- ☺ **GREEN (G)** Foods & drinks we encourage children to select most.
- ☹ **AMBER (A)** We encourage children to select small serves of these items.
- ☹ **RED (R)** These foods are not available. Only allowed 2 days per semester for the entire school.

VOLUNTEERS ARE IMPORTANT

If you are able to help out in any way, please feel free to drop in & see me any tuckshop day or you can leave a message at our school admin office.

Thank you to all the volunteers for your continued support.

Volunteers Needed Every Day: 9am-11am.

TUCKSHOP BAGS:
PACKET OF 20 FOR \$1.00
OR 10C EACH



THANK YOU FOR YOUR SUPPORT!

Heidi Armstrong - Tuckshop Convener

<u>FRIDAYS ONLY</u>	
Hot Dog (1 st Friday of the Month)	\$3.00
Chicken Nuggets (2 nd Friday of the Month)	\$3.00
Pizza Day (3 rd Friday of Month)	\$3.00
Sausage Sizzle (4 th Friday of Month)	\$3.00
TBA (5 th Friday of Month)	\$3.00
Poppa Juice	\$1.50
Chocolate/Strawberry Milk	\$2.00
Icy Pole	\$0.50

SPECIALS OFFERS

Please check our Facebook page for weekly specials!