

In recent years, levels of overweight and obesity in children and young people have increased dramatically - now around a quarter of our children are overweight or obese. The development of a strategy to address the nutritional value of food and drinks supplied at school or school activities was identified as an action in the Queensland Health and Education Queensland Joint Work Plan 2004 - 2007. The *Healthy Food and Drink Supply Strategy for Queensland Schools* is all about offering healthy food and drink choices to students in Queensland schools.

The *Smart Choices* Food & Drink selector assists with making selections on foods and drinks to be supplied in schools. Foods and drinks have been classified into three categories according to their nutritional value: Green, Amber and Red.

**GREEN** Category 'Have Plenty': Encourage and promote these foods and drinks in the school.

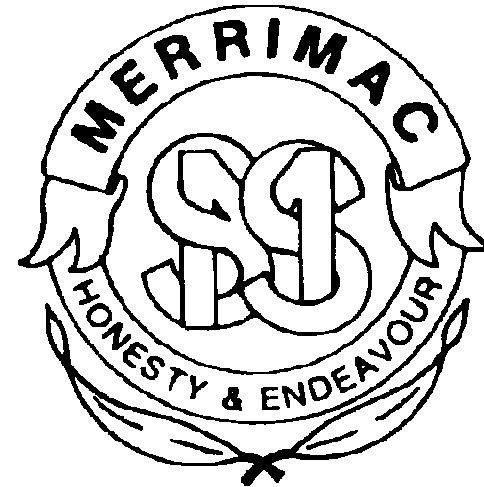
**AMBER** Category 'Select Carefully': Do not let these foods and drinks dominate choices and avoid large serve sizes.

**RED** Category 'Occasional': Limit the availability of these foods and drinks to no more than two occasions per term.

### SPECIAL MENU DAYS:

<b>Friday</b>	<b>Big Lunch</b>	<b>Pizza Slice \$2.50 (Eagle Boys)</b>
<b>This is the only made to order food available on Friday Big Lunch. Little Lunch as normal.</b>		
<b>Tuesday</b>	<b>Big Lunch</b>	<b>Meal Deal \$4.50</b>
<b>Different Meal each week and the only food available for Tuesday Big Lunch. All other food will be supplied for Little Lunch Only.</b>		

**Volunteers always welcome  
Call Tuckshop on 55 303961**



*"Educating the future."*

# **Tuckshop Menu**

**For Little and Big Lunch Orders:** Bags are to be labeled clearly with Child's Name, Class and food order with the correct amount enclosed. Please also indicate whether the order is for Little Lunch or Big Lunch.

**Please Note:** A separate bag is required for both Little Lunch and Big Lunch orders.

**Please Note:** Please do not use envelopes or plastic bags for orders. Use only paper lunch bags. Brown paper bags are available at the Tuckshop for 10 cents each.

**Salad Tub (Fresh daily) (Category G)**

Basic Salad (lettuce/tomato/carrot/cucumber)	2.50
Cheese & Basic Salad	3.00
Chicken & Basic Salad	3.50
Egg & Basic Salad	3.50
Ham & Basic Salad	3.50
Tuna & Basic Salad	3.50

**Snacks (Category G)**

Apple Slinky* (Bring along an apple and for 20c we will make it into a Slinky for you)	1.00
Boiled Egg	0.80
Carrot Sticks	0.50
Frozen orange or watermelon pieces	0.30

**Snacks (Category A)**

Dewberry Tarts	.30
Fruity Bites	.30
Ginger Bread People	1.20
Hello Panda Snacks	.60
J.J. Noodle Snacks	.30
Lamingtons	1.00
Mini Muffins (Chocolate or Banana)	.60

**Snacks (Category G)**

Custard cups - Low fat ( <b>MON &amp; TUES ONLY</b> )	0.80
Jelly ( <b>WED &amp; FRI ONLY</b> )	0.50
Chocolate Mousse - low fat ( <b>THURS ONLY</b> )	1.00
Pikelets	0.60
<b>Saos-</b>	
Vegemite	0.40
Cheese	0.40
Tomato	0.40
Two toppings	0.60
Potato Chips	1.00

**Drinks (Category G)**

Aroona Springs Fruit Water 350ml	1.50
Bottled Water	1.40
Play Water 350ml (Lemonade or Blackcurrant)	1.50
Play Water 500ml (Apple/Raspberry, Lemon & Lime)	2.00
Pop Top Juice (Orange or Apple)	1.20
Juice Cups	.70
Calcium Low Fat Flavoured milk (Chocolate or Strawberry)	1.50
Plain Milk 300ml carton	1.00
Up & Go*	1.70

**\*Available before school only**

### **SANDWICHES/ROLLS/WRAPS (Category G)**

Cheese Sandwich or Wrap	3.00
Cheese Roll	3.50
Cheese and Salad Sandwich or Wrap	4.00
Cheese and Salad Roll	4.50
Chicken Sandwich or Wrap	3.00
Chicken Roll	3.50
Chicken and Salad Sandwich or Wrap	4.00
Chicken and Salad Roll	4.50
Egg Sandwich or Wrap	3.00
Egg Roll	3.50
Egg & Salad Sandwich or Wrap	4.00
Egg & Salad Roll	4.50
Ham Sandwich or Wrap	3.00
Ham Roll	3.50
Ham & Salad Sandwich or Wrap	4.00
Ham & Salad Roll	4.50
Tuna Sandwich or Wrap	3.00
Tuna Roll	3.50
Tuna & Salad Sandwich or Wrap	4.00
Tuna & Salad Roll	4.50
Salad Sandwich or Wrap	3.00
Salad Roll	3.50
Vegemite sandwich or Jam sandwich	2.00
Vegemite roll	2.50

**\*\*Basic Salad consists of  
cucumber/tomato/lettuce/carrot**

### **EXTRAS**

Avocado	0.50	Cucumber	0.30
Beetroot	0.30	Egg	0.50
Carrot	0.30	Onion	0.20
Cheese	0.50	Buttered roll	1.00

### **HOT FOOD (Category A)**

Cheerios (5/serve)	2.00
Chicken Burger (Lettuce & Mayo)	3.00
Chicken Chippies (each)	.50
Chicken Nuggets (each)	.50
Fried Rice	3.00
Hamburger (Lettuce, Tomato & Cheese)	3.50
Hash Browns	1.00
Hot Dog	2.00
Hot Dog (with Cheese)	2.50
Lasagne (Fork supplied)	3.00
Noodles (99% Fat-Free) (Chicken or Beef)	1.00
Pie (Small)	1.00
Pie (Large) <b>(Thursday only)</b>	2.50
Pizza (Small)	2.00
Pizza Slice (Eagle Boys) <b>(Friday only – Big Lunch)</b> - Chicken/Hawaiian/Meat Lovers/Vegetarian	2.50
Sausage Roll (Half)	1.00
Sausage Roll (Whole) <b>(Monday only)</b>	2.00
Smileys (each)	.50
Tomato Sauce Sachet	.20
Wedges (Thick Chips)	2.00

### **HOT FOOD (Category G)**

Corn on the Cob	1.00
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### **ICE CREAMS (Category A) \*\*BIG LUNCH ONLY\*\***

Assorted Ice Creams	60c - \$1.50
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### **(Category G)**

Zooper Dooper (100% Juice)	0.40
Frozen Juice Cup	0.70
Juice Slushies	1.50

Noodles and ice creams are not placed in the tuckshop boxes. **Children must bring their lunchbags back to the tuckshop to receive them.**