

MARYBOROUGH CENTRAL STATE SCHOOL

2008 “SMART CHOICES” TUCKSHOP MENU

OPEN: WEDNESDAY, THURSDAY & FRIDAY

Please place your order by writing it on a paper lunch bag, clearly marked with the following information. NAME, CLASS, TIME (morning tea or lunch) ORDER.

The correct money would be appreciated, placed in the bag with the top folded several times to prevent the money falling out.

ALL ORDERS are to be placed in the class basket before school to be delivered to the tuckshop by a monitor before 9.30 on tuckshop days.

Bags are available from the tuckshop at a cost of 5c each.

<p style="text-align: center;"><u>Sandwiches(white or wholemeal)</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Salad *</td><td style="text-align: right;">\$2.80</td></tr> <tr><td>(lettuce, tomato, carrot, beetroot, cucumber)</td><td></td></tr> <tr><td>Chicken</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Chicken & Salad *</td><td style="text-align: right;">\$3.00</td></tr> <tr><td>Ham</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Ham & Salad *</td><td style="text-align: right;">\$3.00</td></tr> <tr><td>Egg & Lettuce</td><td style="text-align: right;">\$2.80</td></tr> <tr><td>Tuna</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Cheese</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>Vegemite</td><td style="text-align: right;">\$1.30</td></tr> <tr><td>Ham, Cheese & Tomato</td><td style="text-align: right;">\$2.80</td></tr> </table>	Salad *	\$2.80	(lettuce, tomato, carrot, beetroot, cucumber)		Chicken	\$2.50	Chicken & Salad *	\$3.00	Ham	\$2.50	Ham & Salad *	\$3.00	Egg & Lettuce	\$2.80	Tuna	\$2.50	Cheese	\$2.00	Vegemite	\$1.30	Ham, Cheese & Tomato	\$2.80	<p style="text-align: center;"><u>Wraps</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Salad only *</td><td style="text-align: right;">\$3.00</td></tr> <tr><td>Chicken only</td><td style="text-align: right;">\$2.80</td></tr> <tr><td>Chicken & Salad *</td><td style="text-align: right;">\$3.50</td></tr> <tr><td>Ham & Salad *</td><td style="text-align: right;">\$3.50</td></tr> </table> <p style="text-align: center;"><u>Extras</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Cheese</td><td style="text-align: right;">20c</td></tr> <tr><td>Pineapple</td><td style="text-align: right;">30c</td></tr> </table> <p style="text-align: center;"><u>Toasting</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Sandwiches or Wraps</td><td style="text-align: right;">20c</td></tr> </table> <p style="text-align: center;"><u>Rolls</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Sandwich price plus</td><td style="text-align: right;">20c</td></tr> </table>	Salad only *	\$3.00	Chicken only	\$2.80	Chicken & Salad *	\$3.50	Ham & Salad *	\$3.50	Cheese	20c	Pineapple	30c	Sandwiches or Wraps	20c	Sandwich price plus	20c
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Monthly Draw

(last assembly of the month)

*All students making only “green” food choices from the tuckshop (marked *) on the menu will receive a “Golden Ticket” that they can write their name on and place in the box for a chance to win a free healthy lunch to the value of \$4.00.*

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<u>Snacks</u>	<u>Fruit</u>
Jelly Cups \$1.00	Large Fruit Salad* \$2.00
Jelly & Custard Cups \$1.00	Small Fruit Salad * 80c
Cheese Sticks 60c	“Slinky” Apple * 60c
Pop Corn 30c	Use of “Slinky” Machine * 10c
Nutella 50c	Frozen Pineapple Cups* 80c
2 x Pikelets with butter or Jam 50c	Frozen Fruit Cups (fruit salad)* 80c
Muffins (low fat) 60c	Frozen Pineapple Slices * 30c
Munch Packs (carrot, cheese & crackers) * 80c	Frozen Orange ¼* 20c
Mice Bites (Kabana, cheese & crackers) 80c	
Dried Fruit 30c	
(sultanas, banana chips, dried apple)	
<u>Drinks</u>	<u>From the Freezer</u>
300ml Flavoured Milk \$1.70 (chocolate, strawberry or vanilla malt)	Ice Blocks 85c (natural chocolate, natural strawberry or lemonade)
300ml Plain Milk* \$1.00	Frozen Yoghurt 100g Bulla strawberry*\$1.50
250ml 100% Juice Popper \$1.10 (orange, apple, tropical & apple/ blackcurrant)	Zing (yoghurt flavoured iceblocks) 60c
125ml 100% Juice Junior Poppers 80c	
Bottled Water * \$1.00	
Sippah Straws (choc, straw, banana) 50c	
Warm Milo \$1.00	
Hot Chocolate \$1.00	

- **Bags are available at a cost of 5c**
- **Use a separate bag for each order**
- **Write on the bottom half of the bag**
WRITE YOUR NAME, CLASS &
ORDER CLEARLY.

Breakfast Central

Available Wednesday, Thursday and Friday Mornings 8.30 till 8.45

1 slice of Toast with Jam Or Vegemite 50c
Hot Chocolate or Warm Milo \$ 1.00