

**WE NEED YOU!**

Be a **COOL**

**TUCKSHOP MUM or DAD!**



**Choose well. Feel great.**

Making healthy choices easier.

To help you make healthier choices, food and drink have been classified according to their nutritional value.

**Best choice**



**Choose carefully**



**Limit**



For healthy eating tips visit [healthyschools.gov.au](http://healthyschools.gov.au)



We have been using the QKR app since early 2021, which allows parents to pre-order and pay for their child's tuckshop using the QKR app for mobile phones. **We prefer all orders to be done this way if not parents are to supply brown paper bag with money in the bag with Child's Name, Class and Order on the front. (Please make sure you have correct money as there is no change as most orders are done on the App.** Ice blocks and Sluhies will only be available after main meals have been served.

Our tuckshop aims to offer quality food choices that the children enjoy while fueling them for the school day. To help with smooth running of the tuckshop we need parent helpers. Our tuckshop is a great place to catch up with friends and contribute to the school. Children love to see the people they love at tuckshop. The hours are from 8.30am until 12.00pm and we will happily work around shift rosters.

Please use the Sign-Up zone link or contact the school to be added to the roster.

Whilst we make every effort to cater for special requests, we cannot guarantee that these requests will be met each time.

If your child is genuinely unhappy with something about their tuckshop order please encourage your child to return to the tuckshop and speak to one of the volunteers on the day.

If your child has an allergy, please contact the school office to arrange for an action plan to be sent to the tuckshop so all our volunteers are aware of your child's allergy.

# Thangool State School P&C



## Tuckshop Menu 2022

**Friday  
First Break only  
11.00am – 11.30am  
All Food items by Pre-  
Order only.  
Orders by 9am Friday  
Morning or QKR 8am**

### Toasted Sandwiches Menu

Ham and Cheese Toastie \$3.00 G

**Gluten free bread available please add 50 cents per sandwich**

### Fresh Homemade Fruit Salad

A selection of seasonal fruit cut up and served in a bowl or cup

Fruit Salad Bowl \$4.00 G

Mini Fruit Salad Cup \$1.00 G

### Hot Food

Crumbed Chicken Sub \$4.50 A

Crumbed Chicken Wrap \$4.50 A

Sweet Chilli Chicken Wrap \$4.50 A

Meat Pie – Low Fat \$4.00 A

Sausage Roll – Low Fat \$3.00 A

Hot Dog, Sauce and Cheese \$3.50 A

Single Serve Bacon & Cheese Pizza \$3.00 A

Chicken Fingers x 5 (Oven Baked) \$3.00 A

### Salad Plate and Bowls

**Salad Consists of Lettuce, Tomato, Cheese.**

Salad Bowl \$3.00 G

Ham and Salad Bowl \$4.00 G

Crumbed Chicken & Salad Bowl \$4.00 G

### Drinks

**Fruit Popper –**

Apple or Tropical \$1.50 A

**Milk Popper –**

Strawberry or Chocolate \$1.50 A

Milo Cup – Hot or Cold \$1.00 A

Slushie Cup \$2.00 A

(Limit of 1 Per Child)

### Home Bakes

Slices, Muffins, Patty Cakes, Cakes \$0.50 A

### Ice Blocks

Paddle Pop – Choc or Rainbow \$1.50 A

Juicy Stick 99% Fruit Juice \$0.50 A

### Gluten/Dairy Free Ice Blocks

Smooze \$1.00 G

Coconut, Mango