

Smart Choice Menu

In a statewide program, the Queensland Government is trying to encourage our children to learn how to make healthy choices and develop healthy eating habits and lifestyles that will benefit them now and in their adult years.

This menu is set out with foods marked with different colours to help make smart food choices.

We seek to meet the Queensland Tuckshop guidelines, and ask you as parents to support this by encouraging your children to order more "GREEN" foods than "ORANGE".



GREEN = HAVE PLENTY! These foods and drinks are excellent sources of important nutrients, are low in saturated fat, sugar and salt. These foods help to avoid excess kilojoules.



ORANGE = SELECT CAREFULLY! These foods and drinks have some nutritional value, have moderate amounts of saturated fat, sugar and salt. In large serves contribute to excess kilojoules.



RED = OCCASIONALLY! These foods and drinks lack adequate nutritional value, are high in saturated fat, sugar and salt. These foods can contribute to excess kilojoules.

**We would love you to join our tuckshop or homebake roster.
For more information please email
phendra@bne.catholic.edu.au**

NO CREDIT GIVEN. Correct change is appreciated. No Foreign Currency!



OUR LADY HELP OF CHRISTIANS

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Tuckshop Price List 2019

TUCKSHOP WEDNESDAY ONLY

All orders are to be at Tuckshop **NO LATER** than 9:00am

PREP - YEAR 6

- Orders must be placed for both Lunch and Afternoon Tea
- Please use **separate** paper bags for **each** order
- **Please do not order ice blocks**
- Ice blocks are purchased at afternoon tea when the "ice block bell" rings. Cash only.

Left - Sample Order Bag

Name: **Mary MacKillop**
Class: **Year 3**
"Lunch" or "Afternoon tea"

Vegemite Sandwich	2.00
Chocolate Milk	<u>2.50</u>
	\$ <u>4.50</u>
	(\$4.50 enclosed)

- **PAPER BAGS ONLY**
(NO ENVELOPES OR PLASTIC BAGS.)
- Please add 20c for each paper bag if you are not supplying your own bag with child's order.
- **DO NOT** tape or staple bag closed.
- **FOLD** top of bag closed.
- Use blue or black pen only on bags.
- Tuckshop printed bags are available in packs of 20.
- **NO CREDIT IS GIVEN** Correct change is appreciated.
NO FOREIGN CURRENCY!



OUR LADY HELP OF CHRISTIANS TUCKSHOP MENU - Effective October 2019
TUCKSHOP OPENS 8:30AM - WEDNESDAY ONLY



Lunch

SALAD PACKS

Salad pack consists of lettuce, tomato, carrot, beetroot, cucumber, egg in a plastic container with a fork and **Italian Vinaigrette**.

(Add 30c for cheese)

Plain Salad (without meat)	5.30
Ham & Salad	5.80

ASSORTED SANDWICHES

Whole grain, White or Gluten free Bread

(Add 30c for Cheese)

Cheese (low fat)	2.70
Vegemite	2.10
Egg & Lettuce	3.70
Plain Salad - Any or all (lettuce, tomato, carrot, cucumber and/ or beetroot)	4.70
Leg Ham OR Chicken	4.20
Leg Ham OR Chicken with Salad	5.20

TOASTED SANDWICHES

Cheese	3.10
Cheese & Tomato	3.70
Leg Ham OR Chicken	4.20
Leg Ham OR Chicken & Cheese	4.20
Leg Ham OR Chicken, Cheese & Tomato	4.90

HOT FOOD

All "Orange" products are "Smart Choice" and "Focis" approved

Chicken Breast Nuggets	.80c each
Cheerios (GF)	.80c each
Sausage Roll (low in fat & sodium)	3.40
Beef Traveller Pie (low in fat & sodium)	3.70
Hot Dog with OR without sauce with Cheese	3.70 / 4.20
Cuppa Noodles (Collect from tuckshop chicken or Beef)	3.20
Mac & Cheese	4.20
Spaghetti Bolognese	4.20
Sauce Sachet	40c each

Afternoon Tea

Apple Slinky	1.60
Assorted Homebake Items	1.10
Pikelets - with Jam & Butter	1.10
2 Sao biscuits with Vegemite	1.10
2 Sao biscuits with Cheese	1.20
Snack Packs Max- (a selection of cheese cubes, brown rice crackers, carrot sticks, egg & hommus)	2.00
Garlic Bread	1.30

SUSHI (MADE TO ORDER)

(Delivered to classroom in the tuckshop baskets at Afternoon Tea)

• Tuna & Mayo	3.20
• Chicken & Avocado	3.20
• Teriyaki Chicken	3.20
• Vegetarian (fresh carrot, cucumber, lettuce & avocado)	3.20
• Panko Chicken	3.20

DRINKS

All drinks are sold at Lunch and Afternoon Tea

100% Juice Poppers (Apple or Tropical)	2.20
Bottled Water (600ml)	1.60
Breaka Flavoured Milk (Chocolate or Strawberry)	2.70

Sold only at Afternoon Tea

Ice Bite (99% frozen fruit tubes)	1.10
Triangle Iceblocks	1.10
Frozen Yoghurt ice blocks (various flavours)	2.00
Cup of Homemade Jelly	1.10
Freshly Popped Pop-Corn (Bag)	1.10
Assorted Veggie Chips GF	1.10



PLEASE NOTE: GREEN = HEALTHY CHOICE! ORANGE = MODERATE LEVELS OF FAT, SUGAR & SALT RED = LOW NUTRITIONAL VALUE