NEWMARKET STATE SCHOOL TUCKSHOP 2016

Open Tuesday & Friday – Morning Tea [11 – 11:30] & Lunch [1 – 1:40]

SANDWICHES

[wholemeal bread used unless ‘1 slice white’ requested]

Vegemite 1.50
Baked beans 2.00
Cheese 2.00
Ham, Chicken or Egg & Lettuce 3.00
Salad (lettuce, tomato, carrot, beetroot & cucumber) 3.00
Salad with ham or chicken 3.50

Extras:
Cheese, egg, tomato, pineapple, carrot, lettuce or beetroot ea .50
Roll or wrap (instead of bread) .50
Toasted .20

SALAD BOX

[includes 1 slice buttered bread or 2 gluten free rice cakes]

Lettuce, tomato, carrot, beetroot, cucumber 3.50
Plus cheese or egg ea .50
Plus ham or chicken ea .80

LITE BITES

Fresh home bake 1.00
Popcorn .70
Apple slinky (or BYO for free slinky-ing!) .80
Fruit salad tub (seasonal fruit) 1.50
Homemade humous and vegetable sticks 1.50
e (e.g. carrot, capsicum & celery – collect at counter)
Snack pack (4 crackers, 4 squares cheese, 4 each carrot & celery sticks, sultanas) 1.50
Bento boiled egg (free range egg) 1.00
Frozen yoghurt (mango or berry) 100g 1.50
(in hot weather, please collect yoghurt at counter)
Dried apples / Dried apricots ea .10
Small bag of sultanas .80
99% fruit juice ice block (Lunchtime only – collect at counter at 1.15pm) .50

HOT SNACKS

Pizza muffin (1/2 English muffin with tomato sauce, ham, pineapple & cheese) 1.50
Mini quiche (bite sized puff pastry base, ham & cheese with egg/milk filling) .75
Cheesy Bite (bite sized slice of roll with tomato sauce & cheese) .50
Café-style Raisin toast (1 thick slice with butter) 1.00
Mini pie (maximum 2 per order) ea 1.30
Hash brown (maximum 2 per order) ea 1.30
Fish fingers (4 per serve) 1.80

HEARTY FARE

Chicken Chilli Wrap (skinless chicken breast, chilli sauce, lettuce, tomato & cheese) 4.00
Vegie Patty Wrap (wrap with a vegetable patty, lettuce, tomato, cucumber, avocado & Greek yoghurt) 4.00
Hamburger (beef patty, lettuce, tomato, beetroot & tomato sauce) 4.00
Chicken Burger (roll with crumbed chicken patty, lettuce, tomato & mayo) 4.00
Lasagne 5.00
Fish Sub (roll with 3 fish fingers, lettuce & mayo) 3.50
Hot Dog with tomato sauce 3.00
Hot Dog with tomato sauce and cheese 3.50

DRINKS

Plain bottled water 1.10
Flavoured milk (chocolate, strawberry – 300ml) 1.80
100% juice (assorted flavours – 250ml) 1.50
Cup of plain milk * .80
Cup of hot or cold milo * 1.20
Mango Smoothie * (mango, frozen yoghurt, low fat milk) 2.00
Banana Choc Smoothie * (banana, milo, plain yoghurt, low fat milk) 2.00

* please collect these drinks from counter

Choose 1 of these:
- Salad Box (with cheese, egg, ham, or chicken) OR
- Chicken Chilli Wrap OR
- Hamburger OR
- Chicken Burger OR
- Vegie Patty Wrap

1 piece seasonal fruit
Bottled water, juice, or milo

Meal Deal $5.50

FRESH SUSHI

$2.50 per roll

Terms 1 & 4

Friday lunchtime only

Must be pre-ordered using Flexischools

Winner of Qld Association of School Tuckshops (QAST) Awards: 2011 & 2015 selected as one of the top 10 tuckshops in Qld;
2011 & 2015 Tuckshop Volunteer Special Commendation; 2014 & 2015 Smart Choice Menu Award
**HOW TO ORDER FROM TUCKSHOP**

**Flexischools – Tuesday + Friday**

The preferred way to order from our tuckshop is using the online ordering system – Flexischools. To register your child, go to flexischools.com.au, click *register* and follow the online prompts.

Flexischools is easy to use and convenient, for example, you can set up recurring orders and automatically top up your account. The tuckshop loves it when you use Flexischools as it saves our volunteers a huge amount of time.

**Brown Bag System – Tuesdays ONLY**

If you are unable to order online, you can use the paper bag system on Tuesdays. Clearly write *child’s name* and *items* ordered on *separate brown paper bags* – one for Morning Tea and one for Lunch. *(Brown paper bags are available in supermarkets. *Tuckshop has a limited supply for 5c each)*

Please include *correct change* if possible. If not, total all items and write amount of change required on each bag (see example below). Or place all money in Morning Tea bag and clearly write “all money in M/T” on Lunch bag. Please just fold bags down instead of using staples or tape.

On arrival at school, place orders in the *Morning Tea and Lunch tubs* in your child’s classroom. *Please do not leave bag orders at Tuckshop.*

**Over the counter purchases**

Children can buy snacks and drinks over the counter on both Tuesdays and Fridays.

**MESSAGE FROM JULIE, OUR CONVENOR:**

“I’d love to meet you and answer any queries. Drop in any Tuesday or Friday, email me at statikindustries@hotmail.com or phone me on 0424 494 251.”

Our tuckshop runs smoothly thanks to the help of our volunteers. Doing monthly roster is a fantastic way to get to know other parents and children; or you can donate home bake or pantry items; volunteer to collect the sushi from Ashgrove on Friday; or just pop in for an hour or so on one of our busy mornings.

Every little bit helps!

**What is “Smart Choices”?**

Newmarket Tuckshop strives to maintain the guidelines set out by *Smart Choices*, an initiative introduced by Education Queensland and Queensland Health, which aims to reduce excess weight gain in children by fostering healthy eating patterns. By choosing a variety of foods, avoiding large serving sizes and being generally active, excess weight gain can be avoided.

*Smart Choices* uses a ‘traffic light’ system to categorise food items as follows:

- **Choose plenty of GREEN foods** – these are excellent sources of important nutrients; are low in saturated fat and/or added sugar and/or salt; and help to avoid an intake of excess energy (kilojoules), eg. air-popped popcorn, high fibre breads, salads and plain water.

- **Carefully select small serves of AMBER foods** – these have some nutritional value; moderate amounts of saturated fat and/or added sugar and/or salt; and can contribute to excess energy (kilojoules) in large quantities eg, full-fat dairy products, lasagne, chicken burgers, ham and low-fat muffins.

- **RED foods are occasional items** – these items lack adequate nutritional value; are high in saturated fat and/or sugar and/or salt; and contribute excess energy (kilojoules), eg. soft drinks, energy drinks, sports drinks, lollies, deep-fried foods, chips, croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices and medium/large serves of cakes/muffins. *Newmarket Tuckshop has no red items on the menu.*

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