



GREENBANK STATE SCHOOL TUCKSHOP MENU

TERM 3 2020



Breakfast 8.15-8.45am First Break 11.00 - 11.25am Second Break 1.30-2.05pm

BREAKFAST 8.15am -8.45am	SALADS	DRINKS	
Yoghurt	Healthy Salad Tub <i>Lettuce, Tomato, Carrot, Mayo, Pineapple, Beetroot & Cucumber</i>	600ml Bottled Water	\$ 1.50
Slice of Toast with Vegemite, Jam or Honey		250ml Juice Popper	\$ 2.00
Ham and Cheese Croissant		Cup of Fresh Milk	\$ 1.00
Egg & Bacon Roll	Caesar Salad Tub <i>Lettuce, Parmesan Cheese, Bacon, Boiled Egg, Croutons & Dressing</i>	Chocolate or Strawberry Milk	\$ 3.00
Cheese Toasty		Up & Go Choc, S/berry, Banana, Vanilla, Caramel	\$ 3.00
Ham and Cheese Toasty		Iced Tea - Lemon or Peach	\$ 3.00
Hot Chocolate & Marshmallows Large	ADD Chicken, Ham or Tuna		\$ 1.50
	ADD Cheese	FRUIT	
SANDWICHES		Cut up Apple or Pear	\$ 1.50
Vegemite, Strawberry Jam or Honey	ADD Avocado	Fruit salad tub	\$ 3.50
Cheese		SNACKS	
Cheese & Tomato	HOT FOOD - EVERYDAY	Yoghurt Tub	\$ 2.50
Ham & Cheese	Hot Dog with Sauce choice : <i>Tomato, BBQ or Sweet Chilli</i>	Jelly Cups	\$ 2.50
Chicken	ADD Cheese	Custard Cup	\$ 2.50
Ham	Homemade Spaghetti Bolognese	Chips - Original or Chicken Honey Soy or Popcorn	\$ 1.50
Tuna	Homemade Lasagne	Vege Chips (Gluten Free)	\$ 1.50
Egg & Curried Egg	Homemade Vegetarian Pizza Small	Assorted Cake Slices - Choc or Vanilla	\$ 1.50
Salad - Lettuce, Tomato, Carrot & Cucumber	Garlic Bread	Cup Cake	\$ 0.50
ADD Chicken, Ham or Tuna	Corn on the Cob	Gluten-free Cup Cake	\$ 1.00
ADD Cheese	Hamburger: Beef Pattie, Lettuce, Tomato & Sauce	Choc Mud Cake	\$ 3.00
ADD Avocado	Veggie Pattie Burger	Banana Bread	\$ 2.50
ADD Toasting	Chicken Breast Burger	Cheese and Crackers	\$ 3.00
Gluten Free Bread Available	\$ 1.00	Boiled Egg	\$ 1.00
WRAPS	Chicken Sub: Lettuce, Tom, Mayo. & Popper or Water	Healthy Snack Pack	\$ 4.50
Salad - Lettuce, Tomato, Carrot & Cucumber	Meatball Sub with Cheese	<i>Boiled Egg, Crackers & Cheese, Carrot Sticks & Fruit</i>	
ADD Chicken, Ham or Tuna	Large Homemade Pizza with choice of: <i>BBQ Chicken, Veggie, Cheese & Bacon</i>	ICEBLOCKS	
ADD Cheese	Homemade Bacon & Cheese small Pizza	Juicy Stick	\$ 1.00
ADD Avocado	Sausage Roll	Icy Twist (Lemonade)	\$ 1.50
TOASTED SEEDED TURKISH BREAD	Traveller Meat Pie	Calipo (Raspberry Pineapple)	\$ 1.50
Chicken or Ham with Avocado, Cheese, Pineapple	Snack Beef Pie or Potato Pie	Paddle Pop	\$ 1.60
MEAL DEAL (Inc Bottle of Water or Popper Juice)	Nachos with Tomato Salsa and Cheese	Vanilla Ice Cream Tub	\$ 2.00
Fish Fingers, Carrot Sticks & Tomato Sauce	Seasoned Potato Wedges	Slushie	\$ 2.20
Chicken Breast Nuggets, Carrot Sticks & Salsa Dip	Dim Sim x 1		
Gluten Free Chicken Breast Nuggets Option			
Separate bags are required for 1st & 2nd Break	SAUCES : BBQ, Tomato, Sour Cream, Sweet Chilli		\$ 0.50
	Our menu is compliant with Qld Government Smart Choices	FLEXISCHOOLS ONLINE ORDERING www.flexischools.com.au	
BIRTHDAY CUP CAKES FOR THE CLASS	\$ 0.80	Volunteers are always welcome	
48 hours notice required-minimum		Phone 3297 5660	

