



GREENBANK STATE SCHOOL TUCKSHOP MENU

TERM 1 & 2 2019



First Break 11.00am-11.25am Second Break 1.30pm - 2.05pm

BREAKFAST 8.15am -8.45am		SALADS		DRINKS	
Yoghurt with Muesli or Coulis (Gluten-free)	\$2.50	Healthy Salad Tub <i>lettuce, tomato, carrot, mayo, pineapple, beetroot & cucumber</i>	\$4.50	600ml Bottled Water	\$1.50
Slice of toast with Vegemite, Jam or Honey	\$1.00			250ml Juice Popper	\$1.50
Slice of Fruit Toast	\$1.20			Cup of Fresh Milk	\$1.00
Egg & Bacon Roll	\$4.00	Caesar Salad Tub <i>lettuce, parmesan cheese,bacon, boiled egg, croutons & dressing</i>	\$5.50	Chocolate or Strawberry Lite Milk	\$2.50
Cheese Toasty	\$2.50			Up & Go Milk-Choc, Strawberry, Banana, Vanilla	\$2.50
Ham and Cheese Toasty	\$4.00			Iced Tea - <i>Lemon or Peach</i>	\$2.50
SANDWICHES		ADD Chicken, Ham or Tuna		FRUIT	
<i>1 Slice White/1 Slice Wholemeal</i>		ADD Cheese		Cut up apple or pear	
Vegemite, Strawberry Jam or Honey	\$2.00	ADD Avocado		Fruit salad tub	
Cheese	\$2.00	HOT FOOD - EVERYDAY		SNACKS	
Cheese & Tomato	\$2.30	Hot Dog with sauce choice		Yoghurt Tub	
Cheese & Pineapple	\$2.30	<i>Tomato, BBQ, Sweet Chilli</i>		Jelly Cups	
Chicken	\$3.00	ADD Cheese		Custard Cup	
Ham	\$3.00	Corn on the cob		Chips - original or chicken honey soy or popcorn	
Tuna	\$3.00	Homemade Spaghetti Bolognaise		Vege Chips (gluten free)	
Egg & Curried Egg	\$3.00	Homemade Lasagne		Assorted Slices	
Salad- lettuce, tomato, carrot, cucumber	\$4.00	Homemade Gluten-Free Beef Pasta		Cup Cake	
ADD Chicken, Ham or Tuna	\$1.50	Hamburger w Beef Pattie		Gluten-free Cup Cake	
ADD Cheese	\$0.50	Veggie Burger		Fresh Baked Cookie (Gluten-free available)	
ADD Avocado	\$1.00	Chicken Breast Burger		Bag of 6 Rice Crackers	
ADD Toasting	\$0.50	Large Homemade Pizza with choice of:		Cheese and Crackers	
Gluten free bread available	\$1.00	<i>BBQ Chicken, Veggie, Cheese & Bacon</i>		Boiled Egg	
WRAPS		Small Homemade Cheese & Bacon Pizza		Healthy Snack Pack	
Salad - lettuce, tomato, carrot, cucumber	\$4.00	Sausage Roll		<i>boiled egg, carrot, cheese, crackers, fruit</i>	
ADD Chicken, Ham or Tuna	\$1.50	Meatball Sub with Cheese		ICEBLOCKS - 2ND BREAK ONLY	
ADD Cheese	\$0.50	Seasoned Potato Wedges		Juicy Stick	
ADD Avocado	\$1.00	Traveller Meat Pie		Icy Twist (lemonade)	
TOASTED FOCACCIA		Chicken & Veggie Pie		Calipo (raspberry pineapple)	
Chicken or Ham with avocado, cheese, pineapple	\$5.00	Butter Chicken & Rice		Paddle Pop	
MEAL DEAL		Snack Beef Pie or Potato Pie		Vanilla Ice Cream Tub	
Fish Cocktails, carrot sticks & tomato sauce with	\$5.50	Dim Sim x 1		Frozen Yoghurt	
bottle of water or fruit popper		Garlic Bread		Slushie	
Chicken Breast Nuggets, carrot sticks &	\$5.50	SAUCES- BBQ, Tomato, Sour Cream, Sweet Chilli		FLEXISCHOOLS ONLINE ORDERING www.flexischools.com.au	
salsa dip with bottle of water or popper		Separate bags required for 1st & 2nd Break			
Gluten-free Chicken Breast Nuggets Option	\$5.50				
Our menu is compliant with Qld Government Smart Choices		BIRTHDAY CUP CAKES for the class		\$0.80ea	
		48 hours notice required-minimum			
Volunteers are always welcome					
Phone 3297 5660					

