



# GREENBANK STATE SCHOOL TUCKSHOP MENU

## TERM 3 & 4 2018



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	<b>Healthy Salad Tub</b> <i>lettuce, tomato, carrot, mayo, pineapple, beetroot &amp; 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	<b>Caesar Salad Tub</b> <i>lettuce, parmesan cheese,bacon, boiled egg, croutons &amp; dressing</i>	\$5.00	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
<b>SANDWICHES</b>		<b>ADD Chicken, Ham or Tuna</b>		<b>FRUIT</b>	
<b>1 Slice White/1 Slice Wholemeal</b>		<b>ADD Cheese</b>		Slioked apple or pear	
Vegemite, Strawberry Jam or Honey	\$2.00	<b>ADD Avocado</b>		Fruit salad tub	
Cheese	\$2.00	<b>HOT FOOD - EVERYDAY</b>		Piece of fruit - apple, pear, orange	
Cheese & Tomato	\$2.50	Hot Dog with sauce choice		<b>SNACKS</b>	
Cheese & Pineapple	\$2.50	<i>Tomato, BBQ, Sweet Chilli</i>		Yoghurt Tub	
Chicken	\$3.00	<b>ADD Cheese</b>		Jelly Cups	
Ham	\$3.00	Corn on the cob		Custard Cup	
Tuna	\$3.00	Homemade Spaghetti Bolognaise		Chips - original or chicken honey soy	
Egg & Curried Egg	\$3.00	Homemade Penne Lasagne		Popcorn	
Salad- lettuce, tomato, carrot, cucumber	\$4.00	Homemade Gluten-Free Beef Pasta		Messy Monkey Gluten-free Chips	
<b>ADD Chicken, Ham or Tuna</b>	\$1.50	Hamburger w Beef Pattie		Cup Cake (Gluten-free available)	
<b>ADD Cheese</b>	\$0.50	Veggie Burger		Fresh Baked Cookie (Gluten-free available)	
<b>ADD Avocado</b>	\$1.00	Chicken Breast Burger		Bag of 6 Rice Crackers	
<b>ADD Toasting</b>	\$0.50	Large Homemade Pizza with choice of: <i>BBQ Chicken, Veggie, Cheese &amp; Bacon</i>		Cheese and Crackers	
<b>ADD Bread roll</b>	\$0.60			Boiled Egg	
<b>WRAPS</b>		Small Homemade Cheese & Bacon Pizza	\$3.50	<b>Healthy Snack Pack</b>	
Salad - lettuce, tomato, carrot, cucumber	\$4.00	Sausage Roll	\$3.00	<i>boiled egg, carrot, cheese, crackers, fruit</i>	
<b>ADD Chicken, Ham or Tuna</b>	\$1.50	Meatball Sub with Cheese	\$4.00	<b>ICEBLOCKS - 2ND BREAK ONLY</b>	
<b>ADD Cheese</b>	\$0.50	Seasoned Potato Wedges	\$3.00	Juicy Stick	
<b>ADD Avocado</b>	\$1.00	Potato Wedges with 2 Fish Fingers	\$4.00	Icy Twist	
<b>Gluten-free wrap option</b>	\$1.00	Traveller Meat Pie	\$4.00	Calipo	
<b>TOASTED FOCACCIA</b>		Chicken & Veggie Pie	\$4.00	Paddle Pop	
Chicken or Ham with avocado, cheese, pineapple	\$5.00	Snack Beef Pie or Potato Pie	\$2.50	Frozen Yoghurt	
<b>MEAL DEAL</b>		Dim Sim x 1	\$0.80	Slushie	
Chicken Breast Nuggets, carrot sticks & salsa dip with flavoured milk or popper	\$5.50	Garlic Bread	\$0.60	<b>FLEXISCHOOLS ONLINE ORDERING</b> <a href="http://www.flexischools.com.au">www.flexischools.com.au</a>	
Gluten-free Chicken Breast Nuggets Option	\$5.50	Fish Fingers x 2	\$1.00		
<b>Our menu is compliant with Qld Government Smart Choices</b> <b>Volunteers are always welcome</b> <b>Phone 3297 5660</b>		<b>SAUCES-</b> BBQ, Tomato, Sour Cream, Sweet Chilli	\$0.50		
		<b>Separate bags required for 1st &amp; 2nd Break</b>			

