

# OXLEY STATE SCHOOL TUCKSHOP MENU

## SMART MENU CHOICES

Our Tuckshop follows the Smart Choices - Healthy Food and Drink Supply Strategy for Queensland Schools. Under this strategy, food choices are divided into 3 groups:

- GREEN - have plenty of, includes fruits, veggies and whole-grains.
- AMBER - select carefully, includes mainly processed foods that have had some sugar, salt or fat added to them.
- RED - occasional intake only, includes sugary drinks and commercial snacks, deep fried food and food with a low nutritional value.

All our prices are colour coded to identify which category items fit into. For smart, healthy kids, make sure you choose more green dots, a few amber dots, and only occasionally red dots!



## FOOD SAFETY

At Tuckshop we consider food safety to be a serious matter! We have a number of policies and procedures in place to minimise the risk of exposure, as well as cross contamination, of potential allergens. Even though we follow these strictly, without a blanket ban on allergens it is impossible to guarantee a risk - free environment. Please inform the Tuckshop Staff should your child suffer from any food allergies or intolerances.



## FLEXISCHOOLS ONLINE ORDERING

Filling in paper bags, signing consent forms, lining up to make payments - does it feel like you need 10 of you just to get by?! Flexischools is our preferred method of taking orders, and removes the hassle of Tuckshop ordering. Register online at [www.flexischools.com.au](http://www.flexischools.com.au) and start using this cashless system today! It can even be used on your mobile.

2017 \* Term 3

## GREEN FOODS

have plenty of

## AMBER FOODS

select carefully

## RED FOODS

select occasionally



 flexischools

# OXLEY STATE SCHOOL TUCKSHOP MENU

## COLD FOODS

Apple Slinky \$1  
Fruit Salad \$2.50  
Low Fat Custard Cup \$1.50

Sven Bites 65c  
Seasonal Piece of Fruit \$1  
Low Fat Yogurt Cup \$1.50

Crackers & Cheese \$2  
4 x crackers, low fat tasty cheese

Spread Sandwich \$1.50  
Honey OR Vegemite on wholemeal bread

Cold Meat OR Cheese OR Egg Sandwich \$3  
Choose from Lean Ham/ Chicken/ Tuna OR low- fat cheese  
OR boiled egg on wholemeal bread

Garden Salad \$3  
Lettuce, Tomato, Cucumber, Carrot

Chicken Sub \$3  
Fresh bread roll, low fat mayo, lettuce, crumbed chicken breast

Hamburger \$4  
Fresh bread roll, lettuce, tomato, low fat beef patty

**\*Extras\***  
Add any of these to the above menu items:

Lean Ham, Chicken, Tuna, Cheese, Boiled Egg \$1 each  
Lettuce, Tomato, Cucumber, Carrot, Beetroot, Pineapple 50c each  
BBQ / Tomato / Sweet Chilli Sauce, Mayo 30c each  
Zender Bread (GF, DF, EF) \$2

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## HOT FOODS

Boiled Egg (GF) \$1  
\*Vampire Venom Bread \$2  
Corn Cob (GF) \$1.50  
Hash Browns \$1.50  
Hot Dog \$3  
Chicken Noodles \$2.50  
Mini Pizza \$3.50  
\*CBC Mac & Cheese \$4.50  
\*Otter Pie \$4.50  
\*Kaylie's Veg Lasagna (GF, DF, EF, Vegan) \$4.50  
Honey Soy Chicken & Rice (GF) \$4.50  
Chicken Fingers \$3.50  
Mini Pie \$1.50  
Sausage Roll \$3.50  
Chicken Nuggets (GF) \$4

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\*These items are made on site/ home made for extra health

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## SNACKS

- Survival Pack \$2  
Messy Monkey Bites \$1.50  
Seed Slice \$2.50  
Popcorn \$1  
KIS Bites \$1.20



## DRINKS

- Bottled Water \$1.50  
Cold Milo \$2  
Poppers \$1.80  
Hot Chocolate \$2.20  
Milk \$1.50  
Flavoured Milk \$2.50  
Fruit Slushie \$2  
Salted Caramel Milk (350ml) \$3.50  
Rooibos Iced Tea (450ml) \$3.50



## ICE BLOCKS

- Icy Twist \$1.50  
Choc Frozen Shake \$2.50  
Twisted Frozen Yogurt \$2.50  
Rainbow Paddle Pop \$1.50  
Callipo \$1  
Quelch 60c  
Yogostix 30c



## DAILY SPECIALS

### SUSHI WEDNESDAY

\*order online and at Tuckshop counter before school only\*

- Avocado (GF) \$3  
Cooked Tuna & Avocado (GF) \$3  
Crumbed Chicken & Cucumber \$3  
Sushi Meal Deal \$6.50  
Messy Monkey Bites + Sushi Roll + Flavoured Milk  
Cheese/Burger/Pizza                      Chocolate/Strawberry

### SNOOP DOG THURSDAY \$6.50

- Hot Dog  
Sauce (BBQ, Tomato or Sweet Chilli)  
Popper (Apple / Orange / Paradise Punch)  
Frozen Yogurt (Watermelon & Mango)

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## CLASS PARTY

CHILL OUT PARTY \$15

Quelch Ice Blocks Provided to your entire class!

DELUXE PARTY \$30

Mini Chicken skewer + Fruit Slushie/ Hot Chocolate provided to your entire class!

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## OTHER ITEMS WE SELL

Swimming Caps \$6

School Hats \$15

Clarinet & Saxophone Reeds \$3-\$4

Coffee for Mum/ Dad \$3

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## VOLUNTEERS NEEDED

One of the ways we can provide our service at a really affordable price is to make use of volunteers. Please pop into the Tuckshop or email [oxleysstuckshop@gmail.com](mailto:oxleysstuckshop@gmail.com) to find out how you can volunteer - even a once off 15 minutes will help us tremendously!

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## HOME BAKERS WANTED

You want to get involved but you're working full time - right? Or perhaps you have a little one not yet at school, so you are unable to come into our Tuckshop... Oh boy, we so NEED YOU!

In an effort to provide healthier menu choices we are seeking the help of enthusiastic home bakers. We make it easy for you, and with enough home bakers on schedule it means you will only do what you feel comfortable and capable of.

Please pop into the Tuckshop, or send an email to [oxleysstuckshop@gmail.com](mailto:oxleysstuckshop@gmail.com) to let us know you are keen to help out!

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# VOLUNTEER

