Our Tuckshop is run by the P&C Association, therefore all revenue earned through the Tuckshop goes to purchasing items to aid our students learning.

We strive to bring your children a healthy range of reasonably priced food.

Our menu has been awarded a 5 Apple Rating by QAST (QLD association of school Tuckshops)

In Nov 2018 our Tuckshop received an award for being in the top 10 menus and Top 10 Tuckshop in QLD.

This menu is Smart Choices compliant.

Menu items may be unavailable from time to time due to factors out of our control.

We do not offer credit.

Volunteers are an important part of our Tuckshop. We cannot operate without volunteers. It is a great place to catch up with others and contribute to the school.

Students like to see someone they know in the Tuckshop and any help is greatly appreciated.

Our busiest time is in the morning from 9.00am - 11.30am.

Even 1 hour of your time to make some sandwiches helps out a lot.

If you are able to help out please contact the Tuckshop team. Phone: 4758 0623

How To Order Online (Preferred Method)

Easy, Online Registration

* Go to www.flexischools.com.au
* Click Register now
* Enter your email
* You will be emailed a link to an online form – click on the link
* Choose a username & password and complete the form
* Add each student and their class
* Top-up the account VISA, Mastercard, PayPal or Direct Deposit

If you have ordered online you DO NOT need to send a bag in. You can even order in advance for the whole term.

Bags

Using a suitably sized bag clearly write the following:
* Name
* Class
* Which Break – 1st or 2nd
* Food/Drinks items
* Total cost of order
* 1st Break 11.30am – Lunch
* 2nd Break 2pm – Snack Break

Your child will need to place their orders in the classroom Tuckshop Basket or deliver to Tuckshop directly before 9.30am

Please provide a SEPARATE BAG for each break otherwise 10 cents is charged for each bag provided by Tuckshop.

Please DO NOT USE Plastic bags, Sticky Tape or Staples.

Tuckshop Trading Hours

Monday-Friday 8.15am to 2.15pm

Please note trading hours and food/drinks may change without notice. Any price changes will be placed in the newsletter & on our Facebook page.

Email: schooltuckshop@currajongss.eq.edu.au

Facebook: Currajong State School Caterpillar Café - Tuckshop

Menu

2019

TUCKSHOP

AWARD WINNING MENU

CURRAJONG STATE SCHOOL
### Brain Food
- **Must be collected from tuckshop**
- **Will not be delivered to the class room**
- **Between 8.15 & 9.00am ONLY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal Fruit</td>
<td>$1.50</td>
</tr>
<tr>
<td>Squeezy Yoghurt Low Fat</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

### Sandwiches / Rolls/ Wraps

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese &amp; Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken or Tuna or Ham &amp; Salad</td>
<td>$5.00</td>
</tr>
<tr>
<td>Ham or Chicken or Tuna</td>
<td>$4.00</td>
</tr>
<tr>
<td>Egg &amp; Mayo or Curried Egg</td>
<td>$3.50</td>
</tr>
<tr>
<td>Egg, Lettuce &amp; Mayo</td>
<td>$4.00</td>
</tr>
<tr>
<td>Cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Vegetemite, Honey or Jam</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ham or Chicken &amp; Cheese</td>
<td>$4.50</td>
</tr>
<tr>
<td>Ham or Chicken, Tomato &amp; Cheese</td>
<td>$4.70</td>
</tr>
</tbody>
</table>

### Toasted, Rolls & Wraps please add 50 cents

### Extra

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sauce Tomato, BBQ or Mayo</td>
<td>$0.50</td>
</tr>
<tr>
<td>Beetroot, Pineapple, Carrot, Cheese, Lettuce</td>
<td>$0.80</td>
</tr>
<tr>
<td>Cucumber &amp; Tomato each</td>
<td>$0.80</td>
</tr>
<tr>
<td>Paper Bags/Plastic Spoon/Fork/Knife</td>
<td>$0.10</td>
</tr>
</tbody>
</table>

### Birthday Box

#### Boy or Girl

- Ham & Cheese Sandwich or Cheese Pizza
- Juice or Milk Popper, Popcorn, Mini Muffin, Seasonal Fruit
- Birthday Certificate & Small Gift

**Gluten Friendly: GF  Homemade: HM**

**For GF/DF options please contact the tuckshop.**

### Everyday Healthy Meals

- **Cocoon Salad with Mayo (Small)**: $3.00
- **Hungry Caterpillar Salad**: $4.00
- **Add Chicken or Ham or Egg or Tuna extra**: $1.50
- **Quiche & Salad Box**: $5.50
- **Ham & Pineapple Pizza**: $4.00
- **BBQ Chicken & Pineapple Pizza**: $4.00
- **Cheese Pizza**: $3.50
- **Croc Wrap**: $4.50
- **Fisherman’s Wrap**: $5.00
- **Crumbed Fish, Lettuce, Tomato & Mayo HM**: $4.00
- **Macaroni & Cheese**: $4.00
- **Shepherds Pie**: $4.50
- **Fried Rice vegetarian**: $4.00

### Healthy Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snack Box: Ham, Ham, Carrot Sticks, Crackers &amp; Dip</td>
<td>$3.50</td>
</tr>
<tr>
<td>Monster/Butterfly Snack: Seasonal Fruit Pieces</td>
<td>$2.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$0.60</td>
</tr>
<tr>
<td>Slinky Apple</td>
<td>$1.50</td>
</tr>
<tr>
<td>Own Apple Slinked</td>
<td>$0.20</td>
</tr>
<tr>
<td>Yoghurt Low Fat</td>
<td>$2.00</td>
</tr>
<tr>
<td>Boiled Egg</td>
<td>$1.50</td>
</tr>
<tr>
<td>Mini Choc Muffin HM</td>
<td>$0.80</td>
</tr>
<tr>
<td>Muffins Banana or Apple HM</td>
<td>$2.50</td>
</tr>
<tr>
<td>Vitaweat Biscuits Tomato &amp; Cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Vitaweat Biscuits with Vegemite</td>
<td>$1.20</td>
</tr>
<tr>
<td>Carrot Sticks</td>
<td>$0.80</td>
</tr>
<tr>
<td>Fruit Salad Cups</td>
<td>$2.50</td>
</tr>
<tr>
<td>Corn Cob</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

### Drinks

- **Bottled Water 250ml**: $1.20
- **Bottled Water 600ml**: $2.00
- **Plain Milk 200ml Low Fat**: $1.50
- **Chocolate Milk Lactose Free 250ml**: $3.00
- **Big M Popper 250ml Chocolate or Strawberry**: $2.30
- **Pop Top Juice 100% 250ml**: $2.50

### Birthday Box

- **Boy**: Ham & Cheese Sandwich or Cheese Pizza, Juice or Milk Popper, Popcorn, Mini Muffin, Seasonal Fruit, Birthday Certificate & Small Gift
- **Girl**: Ham & Cheese Sandwich or Cheese Pizza, Juice or Milk Popper, Popcorn, Mini Muffin, Seasonal Fruit, Birthday Certificate & Small Gift

**Gluten Friendly: GF  Homemade: HM**

**For GF/DF options please contact the Tuckshop.**

### Daily Specials

- **Available 1st break ONLY on day specified**
- **Monday**
  - **Chicken Teriyaki Sushi Roll**: $3.50
- **Tuesday**
  - **Taco Box**: Choose Either Tortilla Chips OR 2 Soft Taco Boats, Mexican Mince, Grated Cheese, Sour Cream, Lettuce & Tomato on the side HM
  - **Mexican Mince, Grated Cheese, Sour Cream, Lettuce & Tomato**: $5.00
- **Wednesday**
  - **The JT Burger**: Beef, Cheese, Tomato, Lettuce & Sauce
  - **The CLC Burger**: Chicken, Lettuce, Carrot & Mayo
- **Thursday**
  - **Caterpillar Pasta (Spaghetti Bolognaise)**: $4.00
- **Friday**
  - **T-Rex Box**: Chicken Drumstick, Corn Cob & Potato Wedges
  - **Party Pie 60 Grams**: $1.50

### Over Counter Sales

- **2ND BREAK ONLY**

**Prices from $1.00 - $3.00**

**Assorted variety of hot & cold healthy treats. Changes daily.**

*Check out Flexischools for Monthly Specials*