

# ORMISTON STATE SCHOOL

## EVERYDAY TUCKSHOP MENU

### EVERYDAY HOT MEAL OPTIONS (FIRST BREAK) COST

- HOTDOGS (SAUCE OR NO SAUCE) \$3.50
- MCCAIN HAM AND PINEAPPLE PIZZA \$3.00 \*
- HOT CHICKEN WRAP with lettuce, tomato & mayo \$3.50 X
- GARLIC BREAD \$1.60
- CHICKEN NUGGETS (4 NUGGETS PER SERVE) \$3.50 #
- CORN ON THE COB \$1.60

### EVERYDAY SANDWICHES WHOLEMEAL OR WHITE BREAD (FIRST & SECOND BREAK)

- VEGEMITE, JAM OR HONEY \$2.00 X
- CHEESE \$2.50 X
- HAM OR CHICKEN \$3.00 X
- SALAD – LETTUCE, TOMATO, CUCUMBER AND CARROT \$3.00 X
- **EXTRA FILLINGS 1 – CHEESE OR TOMATO \$0.50 EA**
- **EXTRA FILLINGS 2 – HAM#, CHICKEN, SALAD OR AVOCADO \$1.00 EA**
- **TOASTED \$0.20**
- **WRAP \$0.50 EA**
- **EXTRA SAUCE \$0.30 EA**

### EVERYDAY SALAD & FRUIT (FIRST & SECOND BREAK)

- GARDEN SALAD – LETTUCE, TOMATO, CARROT, CUCUMBER \$3.00 X  
ADD CHICKEN/HAM/AVOCADO \$1.00 EA  
ADD CHEESE \$0.50 EA
- SEASONAL FRUIT CUPS (AVAILABLE BEFORE SCHOOL TOO) \$3.00 X
- APPLE and/or SLINKY or BANANA \$1.50 EA

### EVERYDAY SNACKS (FIRST & SECOND BREAK)

- POPCORN \$0.60
- SMITHS ORIGINAL CHIPS \$1.80 \*
- MINI CHOCOLATE BROWNIE \$1.25 X
- JELLY CUP \$1.00 \*X
- YOGHURT & MUESLI CUP \$3.00 X  
(WITH MIXED BERRY or MANGO SYRUP TOPPING) (AVAILABLE BEFORE SCHOOL TOO)



### EVERYDAY DRINKS (FIRST & SECOND BREAK)

- WATER \$1.50 B/C FLAVOURED WATER \$2.00\*
- NUDIE TROPICAL/APPLE \$2.00\* MILO \$1.00
- LOW FAT MILK \$1.00 BIG M (CHOC OR STRAW) \$2.50\*
- CRAZY LEMONADE \$2.20\* PEACH ICE TEA \$2.00\*
- BERRY & BANANA SMOOTHIE \$2.00 X

### EVERYDAY FROZEN TREATS (FIRST & SECOND BREAK)

- WHOLE QUELCH STICKS \$0.60\* HALF QUELCH STICKS \$0.30
- LEMONADE BAR \$1.00\* VANILLA CUP \$1.60\*

# ORMISTON STATE SCHOOL

- SCOOPY DOO CHOC/CARAMEL \$1.30\*EA
- TWISTED FROZEN YOGHURT \$2.50\*  
(MANGO & WATERMELON or RASPBERRY & COCONUT)

## DAILY SPECIAL TUCKSHOP MENU

### TUESDAY MEAL OF THE DAY

COST

- SNACK PIE [x2] WITH TOMATO SAUCE \$2.50
- LARGE PIE WITH TOMATO SAUCE \$4.50

### THURSDAY MEAL OF THE DAY

- BEEF BURGERS with lettuce, tomato and tomato/BBQ sauce \$3.50  
CHOICE OF WHITE OR WHOLEMEAL BUNS
- ADD CHEESE SLICE \$0.50

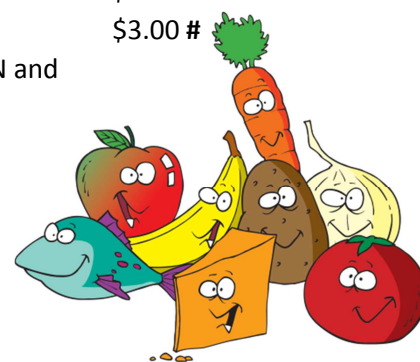
### FRIDAY MEAL OF THE DAY - Order Thursday for Friday!!

- HOMEMADE BEEF LASAGNE \$4.50 X
- HOMEMADE GLUTEN FREE BEEF LASAGNE \$5.00 X
- SUSHI \$3.00 #  
SALAD, AVOCADO, GRILLED CHICKEN & AVO, TERIYAKI CHICKEN and  
TEMPURA VEGETABLE (MADE WITH GLUTEN FREE RICE)

X = MADE FRESH IN THE TUCKSHOP

\*= ONLY ONE SERVE A DAY

#= GLUTEN FREE



\*\*\*\*NB\*\*\*\*

- All Friday orders – both sushi and lasagne – must please be ordered on Thursday mornings before 9am, bag orders to be handed in on Thursday.
- You can order online using the munch monitor username and password below, or fill out a brown bag, with your child's name, class, first or second break option, and place it in the box at the tuckshop counter.
- Please provide separate bags for each break.
- Our menu has been designed with options from the QLD Schools Smart Choices Healthy Eating Guide.
- We always are always in need of volunteers, so some helping hands in the tuckshop are very welcome. If you are able to spare a couple of hours, please do not hesitate to contact me. 😊😊😊😊

CANDICE COOPMANS, [tuckshopconvenor@ormistonss.eq.edu.au](mailto:tuckshopconvenor@ormistonss.eq.edu.au) or mobile 0420218627

ORDER ONLINE AT MUNCH MONITOR: [www.munchmonitor.com](http://www.munchmonitor.com)

USERNAME: ormistonss

PASSWORD: munch4163

