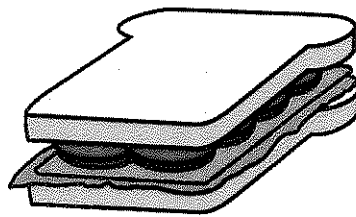
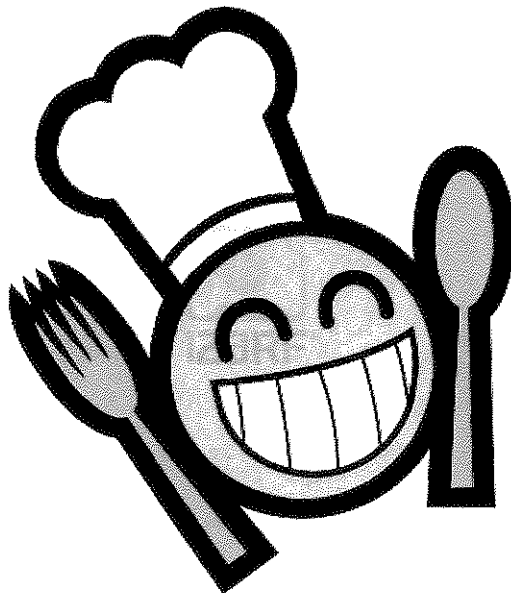


# **WINDAROO STATE SCHOOL TUCKSHOP**



**FRESH  
HEALTHY  
SMART  
MENU 2014**



Windaroo State School's Canteen operates 5 days per week, serving breakfast, morning tea and lunch. We have a variety of healthy, quality food at affordable prices. All of our scrumptious baking and delicious sandwiches are made fresh on the premises each day.

Our canteen opens at 8:15am for breakfast. Morning tea can be ordered or purchased over the counter. Prep students are encouraged to order their morning tea, as we have a prep morning tea basket which is delivered to their eating area. Lunch must be ordered as we do not serve hot food over the counter at lunch time. Each class has their own canteen basket, and all lunch orders are sent directly to their classroom.

All orders (morning tea and lunch) must include the child's name, class, food required and payment. We encourage orders to be on a brown paper lunch bag, but please do not use sticky tape or staples to close the bag, as these are very difficult to remove.

We now have internet ordering, which is quick and easy for parents to use. To register go to [www.flexischools.com.au](http://www.flexischools.com.au), click **register now** and enter your email address. You will receive an emailed link to complete your registrations form. Once set up you just need to click on **add a student and enter the school and their class**. You then can logon at anytime and order morning tea and lunch. You can order for the day or do a week in advance.

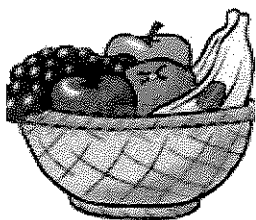
Please teach your child to look out for this stamp on their lunch bag. If they have an item ordered that does not go in the canteen basket (iceblocks, slushies) they need to bring their lunch bag up to the canteen to collect their item. Prep and year 1 students will also have a smiley face drawn on their bag as a visual reminder.

We look forward to meeting and serving your child

BIG LUNCH	
JANE SMITH CLASS 7S	
Chicken and salad sandwich	\$4.50
Apple juice	\$1.80
Zooper dooper iceblock	<u>\$0.50</u>
<b>TOTAL</b>	<b>\$6.80</b>
Bring bag to Canteen to collect this item	

## BREAKFAST

Pikelets - Butter	0.50
- Jam	0.60
Raisin Toast	0.50
Hot Cheese and Bacon Roll	2.00
Plain Milk	1.50
Poptop milk 250ml low fat (chocolate, strawberry, banana)	1.80
Chocolate FM 300ml	2.00
Bottled Water	1.50
Poptop Juice (apple, orange, blackcurrant)	1.80
Apple slinky	1.00
-with own apple	0.20



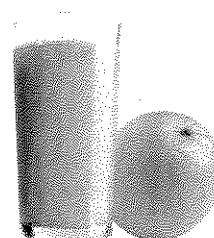
## MORNING TEA

Crackers with vegemite (each)	0.10
Pikelets- Butter	0.50
- Jam	0.60
Cupcakes	1.50
Muffins	1.50
Slices	1.50
Choc chip Biscuit	1.50
Custard Cup	1.50
Jelly Cup	1.00
Trifle	2.50
Fruit Salad	
- Small	1.00
- Large	2.50
Healthy Snack Pack (crackers, cheese, marshmallows, sultanas, dried apricots)	2.00
Tray Assorted sandwiches	5.00
Assorted sandwiches	3.00 – 5.00
Seasonal fruit	1.00
Apple slinky	1.00
- own apple	0.20

## MORNING TEA (CONTD)

½ Wraps (chicken, ham or salad)	2.50
Hot cheese and bacon roll	2.00

Corn cob	1.00
Sausage roll	2.50
Small pie	2.00
Small potato pie	2.00
Large pie	3.00
Rounda	3.00
Garlic bread	2.00
Chicken wedges (each)	1.00
Potato gems (each)	0.20
Cheese melts	1.50
Ham, cheese, mayo toasted wrap	2.00
Tomato, BBQ sauce	0.30



## DRINKS

### Available both Morning Tea and Lunch

Plain milk	1.50
Poptop milk 250ml low fat (chocolate, strawberry, banana)	1.80
Chocolate FM 300ml	2.00
Bottled Water	1.50
Poptop juice (apple, orange, blackcurrant)	1.80
Orchy 500ml juice (orange or pineapple)	3.00

### Available Lunch only

Playwater (lemonade, fruit tingle or blackcurrant)	2.00
LOL (blackcurrant, tropical or raspberry)	2.00
99% Frozen Fruit Slushie	2.50

## LUNCH

### **SANDWICHES AND ROLLS**

Please note we use Multigrain bread unless white is requested. We do not use butter unless it is requested.

Honey, vegemite or jam	2.50
Baked beans	2.50
Cheese	2.50
Salad	3.50
Egg	3.00
Egg and lettuce	3.50
Chicken, ham or tuna	3.50
Meat and salad	4.50
Salad box –small	4.00
(include cheese, egg and mayonnaise)	
-large	5.50
- meat extra	1.00
Tray assorted sandwiches	5.00
ROLLS extra	0.50
TOASTED extra	0.50
EXTRA salad fillings	0.50
<b>SALAD</b>	
(Lettuce, tomato, cucumber, carrot and beetroot)	
½ Wraps	2.50
(chicken, ham or tuna + lettuce, tomato, cheese and mayo)	
½ Salad wraps	2.50
Hot cheese and bacon roll	2.00
Corn cob	1.00
Sausage roll	2.50
Small pie	2.00
Small potato pie	2.00
Large pie	3.00
Rounda	3.00
Garlic bread	2.00
Hot dog	3.50
(mustard, tomato or bbq sauce)	
+ cheese	0.50
Lasagne	4.00
Fried Rice	4.00
Chicken Burger	4.00
(fresh roll with 2 yummiie drummies, lettuce and mayo)	
Pizza	3.50

## LUNCH (CONTD)

(cheese and bacon OR meatlovers)

Chicken nuggets (each)	0.50	Chicken
wedges (each)	1.00	
Chicken Dinosaurs (each)	1.00	
Potato gems (each)	0.20	
Cheese melts	1.50	
Ham, cheese, mayo toasted wrap	2.00	
Hamburger	5.00	
Cheeseburger	3.50	
Tomato, BBQ sauce	0.30	



### ICEBLOCKS

Zooper dooper	0.50
Paddle pop	1.50
(chocolate, rainbow, banana)	
Lemonade icy twist	1.30
Frozen yoghurt	2.00
(strawberry or mango)	
Mini callipo	1.30
(lemon or raspberry)	
Frozen jelly stick	0.30
Frozen fruit bomb	0.40
Frozen juice cup	0.70



### CHIPS

JJ Chips	1.30
(Pizza or chicken)	
Jumpy's	1.00
(BBQ, chicken or salt & vinegar)	