



INALA STATE SCHOOL TUCKSHOP MENU

CLASS:

NAME:

TUCKSHOP HOURS 8:15 am to 1:30 pm / Monday to Friday

All profits from the tuckshop goes back to your school

**Orders must be placed by 8.30 am online or
8.45 am at the Tuckshop counter**

Our new menu is based on the guidelines set out by the Queensland Government's Smart Choices Program

HOT STUFF

Chicken Burger Δ H	<input type="checkbox"/>	\$5.50
Beef Burger Δ H	<input type="checkbox"/>	\$5.50
Butter Chicken Δ H	<input type="checkbox"/>	\$5.50
Corn Cob Δ H	<input type="checkbox"/>	\$2.00
Garlic Bread Δ H	<input type="checkbox"/>	\$2.50
Thai Fried Rice H	<input type="checkbox"/>	\$5.50
Lasagne Δ H	<input type="checkbox"/>	\$5.50
Chicken Wrap H	<input type="checkbox"/>	\$5.00



SALAD

Salad Bowl Δ H	<input type="checkbox"/>	\$6.50
Salad vegies & cheese, egg, pineapple	<input type="checkbox"/>	\$2.50
ADD Chicken + \$2.50	<input type="checkbox"/>	\$2.50

SANDWICHES/ WRAPS



(Hi Fibre Bread)

Chicken & Salad Δ H	<input type="checkbox"/>	\$4.50
Egg & Lettuce Δ H	<input type="checkbox"/>	\$4.00
Vegemite Δ H	<input type="checkbox"/>	\$2.00
Cheese & Tomato Δ H	<input type="checkbox"/>	\$3.00
Salad Δ H	<input type="checkbox"/>	\$4.50
Lettuce-tomato-carrot-beetroot-cucumber-toasting	<input type="checkbox"/>	0.65c each extra fillings



SNACKS AND DRINKS

Apple or Orange	<input type="checkbox"/>	\$1.00
Popcorn Δ H	<input type="checkbox"/>	\$2.00
Cheese n Crackers Δ	<input type="checkbox"/>	\$2.80
Boiled Egg Δ H	<input type="checkbox"/>	\$1.50
Greek Yoghurt Vanilla/Strawberry Δ	<input type="checkbox"/>	\$2.50
Carrot or Cucumber Sticks Δ	<input type="checkbox"/>	\$1.50

Seasonal Fruit Tub Δ H	<input type="checkbox"/>	\$4.50
(eg watermelon, pineapple)		

THIRSTY?

Bottled Water 600ml Δ H	<input type="checkbox"/>	\$2.00
Plain Milk 200ml Δ	<input type="checkbox"/>	\$2.50

FROZEN

Quelch Δ H	<input type="checkbox"/>	\$1.50
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TOTAL \$

ORDERING

You can order and pay online at QKR!

Separate orders for 1st and 2nd Break by 8:30am ONLINE please.

Alternatively if you have any issues with online ordering, visit the tuckshop counter before 8:30am.

Δ GREEN 'HEALTHIER OPTION' *EXCELLENT SOURCES OF IMPORTANT NUTRIENTS LOW IN SATURATED FAT &/OR SUGAR & SALT.

Δ AMBER * HAVE SOME NUTRITIONAL VALUE. *HAVE MODERATE AMOUNTS OF SATURATED FAT &/OR SUGAR & SALT.

Suitable for Vegetarians
H Halal