

BREAKFAST – 8:15 – 8:40 am Every Day

Chocolate Homebake Muffins	\$ 1.50
Ham & Cheese Homebake Muffins	\$ 1.50
Custard (GF)	\$ 2.00
Fruit Salad	\$ 2.00
Milo (Hot or Cold)	\$ 1.00
Slinky Apple	\$ 1.00

THE KAWUNGAN LUNCHBOX

.....opens **Tuesday to Friday** from 8.15 am for Breakfast and the placing of Little and Big Lunch orders.

Please see our friendly 'Lunchbox' staff if you require:-

- ★ a menu
- ★ would like to volunteer some time
- ★ would like to donate food items

Check out the 'healthy homemade' options on the menu – made on-site using fresh and local ingredients where possible.

Every attempt is made to provide the items ordered, however, occasionally this is beyond our control.

If your child has special dietary needs, e.g. Gluten, Sugar or Dairy Free, please do not hesitate to come and talk to us.

FOOD CATEGORIES

This menu is in accordance with the SMART CHOICE: Healthy Food and Drink supply strategy for Queensland schools.

Foods are stored and prepared in accordance with the food safety guidelines ensuring that students and staff have access to high quality and safe food.



VOLUNTEERS

Volunteers are essential in keeping the Tuckshop operating. Please consider giving us a little of your time.

For more information please feel free to contact the Convenor at the canteen or the P&C pandc@kawunganss.eq.edu.au or PH: 4197 9134.

PLACING OF ORDERS

If a bag is not provided, please include 10¢ extra.

Please provide separate bags for each order (Little and Big Lunch).

Orders must be clearly written with:-

EXAMPLE

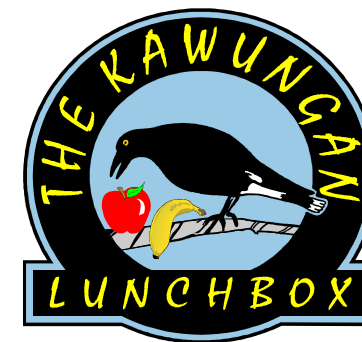
- Name of Child A. Student
- Class 1A
- 1st or 2nd Break Big Lunch

1 x Ham with Salad Sandwich \$5.00

1 x Strawberry Popper Milk \$2.00

The Kawungan Lunchbox (KL)

2018 Menu



“Helping each other achieve healthiness”



KAWUNGAN STATE SCHOOL TUCKSHOP MENU 2018

MIX 'n' MATCH MEAL DEALS – Only \$ 7.00

Choose **ONE** item from each box ~

1. Choose ONE of these **Main Meals**:-

- ★ Chicken Crackles (6) or Nuggets (GF) (6)
- ★ Pizza (Tropical or BBQ)
- ★ ½ Wrap (Chicken or Ham with Salad)

2. Choose ONE of these **Drink** options:-

- ★ Water
- ★ Popper Milk (Chocolate, Strawberry, Vanilla)
- ★ Popper Juice (Apple, Tropical, Blackcurrant/Apple)

3. Choose ONE of these **Snack** options:-

- ★ Custard (GF)
- ★ Frozen Yogurt (Mango, Strawberry)
- ★ Fruit Salad

SNACKS – Every Day

Boiled Egg	\$ 0.50
Chocolate Mousse Cup (GF)	\$ 2.50
Gingerbread Student	\$ 2.00
Noodle Snack	\$ 0.80
JJ's Chicken or Pizza	\$ 1.50

DRINKS – Every Day

Popper Juice (Apple, Tropical, Blackcurrant/Apple)	\$ 1.50
Popper Milk (Chocolate, Strawberry, Vanilla)	\$ 2.00
Water	\$ 2.00

TREATS – Available 2nd Break Only Every Day

Twisted Frozen Yogurt	\$ 2.50
Frozen Yogurt (Mango, Strawberry)	\$ 2.00
Icy Twist (GF)	\$ 1.40
Mini Calippo	\$ 1.20
Paddle Pop	\$ 1.70
Slush Puppie	\$ 2.50
Vanilla Tub (GF)	\$ 1.50
Zing Sticks	Half \$ 0.50 Full \$ 1.00

FOOD AVAILABLE - 1ST & 2ND Break Every Day

SANDWICHES (Any Combination)

Gluten-Free Bread Available

Salad Only	\$ 4.50
1 Filling (e.g. Ham)	\$ 3.00
2 Fillings (e.g. Ham & Cheese)	\$ 3.50
3 Fillings (e.g. Ham, Cheese & Tomato)	\$ 4.00
Ham or Chicken with Salad	\$ 5.00
Vegemite or Jam	\$ 2.50

WRAPS

Plain Salad Wrap	Full \$ 5.50
Ham or Chicken Salad Wrap	Half \$ 4.00 Full \$ 6.00

SALAD BOX - (Lettuce, Tomato, Cucumber, Carrot, Cheese & Egg)

Plain Salad Box (GF)	\$ 6.00
Meat & Salad Box (GF)	\$ 6.50

EXTRA'S

Toasted (Sandwich or Wrap)	\$ 0.20
Bags	\$ 0.10
Sauce (Tomato or BBQ)	\$ 0.30
Spoon or Fork	\$ 0.20

HOT FOOD AVAILABLE

1ST & 2ND Break Every Day

Chicken Crackle Wrap	\$ 5.00
Chicken Crackles	(3) for ... \$ 2.00
Chicken Nuggets (GF)	(3) for ... \$ 2.00
Fried Rice(GF)	\$ 4.50
Pizza (Tropical or BBQ)	\$ 4.00
Shepherd's Pie	\$ 4.50
Spaghetti Bolognese (GF)	\$ 4.50
Sweet Chilli Chicken Wrap	\$ 5.50

LIMITED HOT FOOD

Only Available – Wednesday & Friday ONLY

◆ We are only allowed to serve these items 2 days per week.

Cheeseburger	\$ 4.00
Chicken & Gravy Roll	\$ 4.00
Hamburger with Salad	\$ 4.50
Hash Brown	\$ 1.00
Hot Dog with Cheese	\$ 4.00
Hot Dog	\$ 3.50
Macaroni & Cheese	\$ 4.50
Outback Pie	\$ 4.50
Party Pie	\$ 1.20
Sausage Roll	\$ 3.50

Only Available – Wednesday SUSHI

(Pre-order by Tuesday) 1 Roll - \$ 4.20 ~ 2 Rolls - \$ 7.50

Choose from ~ Chicken & Avocado, Chicken Teriyaki, Tuna or Vegetarian

FRUITY SNACKS

Frozen – Grapes	\$ 1.00
Frozen – Orange Wedges	(3) for ... \$ 1.00
Frozen – Pineapple Slices	(3) for ... \$ 1.00
Fruit Salad & Custard(GF)	\$ 2.50
Fruit Salad	\$ 2.00
Slinky Apple	\$ 1.00
Vege Snack (Carrot, Celery)	\$ 1.00

