


## Middle Park State School Tuckshop

All food provided by the Tuckshop has been approved under the Healthy Food & Drink Supply Strategy for Queensland Schools as being Green or Amber.








 The heart symbol next to a menu item indicates that it is an approved Green food under the Healthy Choices system.

### FIRST BREAK 11.10am (NO OVER THE COUNTER ORDERS)

Tomato Sauce/ BBQ Sauce 0.20

#### Sandwiches - Toasted \$0.50 Extra

All made fresh daily on Wholemeal bread (Wholemeal Roll \$0.50 extra)


- Vegemite or Honey 1.50
- Cheese  1.70
- Cheese & Tomato  1.80
- Egg  2.00
- Egg & Lettuce  2.50
- Ham 2.20
- Ham & Cheese  2.50
- Ham Cheese & Tomato  2.70
- Chicken, Cheese & Tomato  3.00
- Ham or Chicken & Salad  4.50


Lettuce, carrot, tomato, beetroot, cheese  
Cucumber & red onion

Crumbed Chicken Wrap  4.00

Chicken Strips, Lettuce, Sour Cream Sweet  
Chilli Sauce lightly toasted **DELICIOUS!!!!**

Salad Box with Egg  4.50

Salad Box with Ham (egg \$0.50 extra)  5.00

Salad Box with Chicken (egg \$0.50 extra)  5.50  
(Lettuce, carrot, tomato, beetroot, cheese,  
red onion & Cucumber in all boxes)

Macaroni Beef  (Home Made) 4.00

Beef lasagne  (Home Made) 4.00

Noodle Cup Chicken or Beef 2.50


Cheese Burger – Wholemeal roll 3.20

Beef Patty & Cheese with tomato or BBQ sauce

Chicken Burger – Wholemeal roll  3.50

Chicken Breast Fillet, Lettuce and Mayo

Chicken Burger – With Salad  4.00

Hamburger – Wholemeal roll  4.00

Beef Patty, Tomato, Lettuce, beetroot, Cheese  
Carrot, With tomato or BBQ sauce

Muffin Pizza  3.00

Toasted Muffin with Tomato or BBQ base

- Hawaiian – Ham, Pineapple & Cheese
- Chicken & Cheese

3 Chicken Nuggets or Chicken Fingers 1.80

6 Chicken Nuggets or Chicken Fingers 3.20

Sausage Roll 2.50

Meat Pie 3.50

Mini Pies 1.50

### SECOND BREAK 1.40pm (NO OVER THE COUNTER ORDERS)

Pikelet (Home Made) 0.50

With Jam 0.60

Mini Muffin (Home Made) 0.60

Mini Choc Chip Biscuits(Pkt) 1.00

Banana Bread (Home Made) 1.60

Gingerbread Kids Biscuit 1.60

Hot Chocolate  2.00

Frozen Yoghurt  2.00

Strawberry, Passionfruit or Mango

Potato Slinky  With Garlic & Cheese 2.50

Potato Mexican Slinky  **DELICIOUS!!!!**


With Mexican Beef, Garlic & Cheese 3.00

Chicken Squishie  2.70

Wrap filled and toasted with chicken,  
Mayo and cheese

Mexican Squishie  2.70

Wrap filled and toasted with Mexican  
Beef and grated cheese

Cheese & Bacon Savory Slice  2.50  
(Home Made) **DELICIOUS!!!!**

Mini Fish Finger Wrap  3.00

2 Fish Fingers, Lettuce & Tartare Sauce  
Wrapped and lightly toasted

### DRINKS (Must be ordered in a separate bag to hot food)

Bottled Water 350 ml  1.00

Fruit Juice Popper

- Orange 1.50
- Apple. 1.50

Chocolate or Strawberry Milk Popper  2.00

Play Water 350 ml

- Lemonade 1.80
- Fruit Tingle 1.80

Play Water 500 ml

- Dragon Fruit 2.40
- Apple/Raspberry 2.40

### OVER THE COUNTER SALES (Second Break only)

Slushies 1.50

Chips 1.00

Popcorn  1.00

Jelly Sticks 0.40

Ice Blocks 0.50 to 1.50

Frozen Yoghurt  2.00

Apple  0.50

\*A charge for slinky of Apples 0.10

This includes BYO Apples

### **HOW TO ORDER**

Please help the volunteers provide an efficient service to ensure your child gets what they order.

#### **Years 1 to 7**

Morning Tea, lunch and drinks in separate bags.

- Use paper bags only - no plastic bags or envelopes. WE SELL PAPER BAGS FOR 10c EACH
- Clearly write CHILDS NAME and CLASS on ALL bags.
- Place money inside bag and fold (no tape or staples)
- Correct money is appreciated. If change required it will be taped inside the bag.
- Ice blocks, chips etc are not to be ordered using bags. These items are bought over the counter at lunch.