

What is 'Smart Choices'?

'Smart Choices', The Healthy Food and Drink Supply Strategy for Queensland schools is all about offering healthy food and drink choices to students in Queensland.

Its implementation is mandatory in State Schools.

'Smart Choices' applies to supply of all food and drinks in the school environment including the tuckshop.

Food and drinks have been classified into three categories according to their nutritional value:

Green – Have plenty

Amber – Select carefully

Red – Occasional (once or twice a term)



JOIN THE DISCUSSION:
P&C MEET 2ND Tuesday, every month
@The TSSC library 5pm
Come along and be part of the voice for your children.



Tara Shire State College P&C

Tuckshop Menu



SUSHI

Gluten Free options available \$4.00 per roll

Chicken
Sweet Chilli
Salt & Vinegar
Seafood
Tuna
With Avocado or cucumber

SNACKS

Apples \$1.00
Jelly cups \$1.00
Custard Cups \$1.00
Popcorn \$1.00
Packet of Chips \$2.00
Cheese Stick \$1.00
Gingerbread person \$2.50

FROZEN

Frozen Yoghurt \$3.00
Vanilla Cup (Gluten Free) \$1.50
Lemonade twister \$2.00
Icy Bite (zooper dooper) \$1.00
Paddle Pop \$2.00.

DRINKS

Plain Milk (200ml) \$1.50
Big M \$2.00
Pop Top \$2.00
Popper \$1.50
Juice Bombs \$2.50
Play Water \$2.50
Slushies \$2.50
Flavoured Milk
300ml \$3.00 500ml \$4.00
Bottled water
600ml \$2.00 1L \$3.50

PLEASE HAVE ORDERS IN BY 8:45AM



Scan QR code for
quick access.

WRAPS

Gluten free options available

Sweet Chilli Chicken Tenders
Salt & Vinegar Chicken Tenders
Ham or Chicken with Salad
Small \$3.50 Large \$6.00

SALAD TUBS

Sweet Chilli or Salt & Vinegar tender
Ham or Chicken
Small \$4.00 Large \$6.00

SANDWICH BAR

Gluten Free options available

Vegemite, Jam or Honey \$2.50
Egg and Lettuce \$3.50
Egg and Bacon \$4.00
Bacon, Lettuce and Tomato \$4.00
Ham, Chicken or Cheese \$3.00
Salad \$3.50
Ham and Cheese \$3.50
Ham ,Cheese & Tomato \$4.00
Ham or Chicken with Salad \$4.50
Chicken Caesar \$4.00

TOASTIES

Gluten free options available

Cheese Toastie \$3.50
Ham & Cheese \$4.00
Ham, Cheese & Tomato \$4.00
Chicken, Cheese & mayo \$4.00
Pizza Toastie \$4.00

HOT FOOD

Lasagne & Salad \$6.00
Cottage Pie \$6.00
Ham & Cheese Pocket \$2.50
Chicken & gravy Roll \$6.00
Chicken Skewer \$3.00
(BBQ, Honey Soy or Sweet Chilli)

Sausage Rolls \$3.50
Traveller Pie \$3.50
Chicken Garlic Balls \$3.00
Chicken Nuggets (5) \$3.50
Dino Snacks (5) \$3.50
Hot dog with cheese mini \$2.50
large \$4.00

BURGERS

Chicken Fillet Burger \$5.00
Chicken Works Burger \$6.00
Hamburger \$6.00
Cheese Burger \$4.00

PIZZA

Gluten free options available

Meat lovers
Ham and Cheese
Ham, Cheese and Pineapple
(Tomato or BBQ Base available)
Small \$3.50
Large \$6.00

ROLLS

Chicken Salad Roll \$5.50