

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:

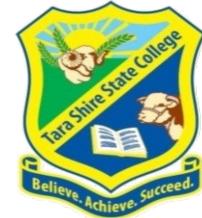
Green – Have plenty

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	

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)	

SALAD TUBS

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

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

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

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

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

ROLLS

Chicken Salad Roll	\$5.50
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