Dear Parents

- Please provide two paper bags, one for little lunch and one for big lunch (a lunch box may be used instead of a paper bag for big lunch).
- All lunch orders must be pre-ordered.
- Please write your child’s name, stage, order and amount enclosed (also if change is required). For example:
  
  Felicity Buyalot (1K)
  Little Lunch
  Iced cupcake $1.30
  ($5.00 note enclosed, $3.70 change required)

- Please keep both bags together.
- Please DO NOT staple or sticky tape bags shut.
- Orders must be placed in the Tuckshop box in the classroom before school starts.
- If possible, please do not send large amounts of money in the orders as children have difficulty looking after the change.
- The tuckshop cannot be held responsible for lost money.
- If your child has an ice block ordered on their lunch bag please let them know they must bring their bag to the tuckshop to collect it.
- Milos’ must also be collected at big lunch from the tuckshop.
- Snacks may be ordered for little or big lunch

**What you can do as a Parent to support our Tuckshop**

The tuckshop is run by volunteers. It is a service we provide for the children with all money made going towards much needed resources for Sacred Heart School.

Without volunteers, the tuckshop cannot continue to provide this service to our kids. If you would like to help in the tuckshop, be it one day a week, month or term or even a couple of hours when you can, please call in and see us for a chat.

**Tuckshop days are**
**Tuesday and Thursday**

**Smart Choices**
A food and drink supply strategy
Queensland School Tuckshops.

- **Red:** Occasional Foods
- **Amber:** Select Carefully
- **Green:** Have Plenty

**Note:** Foods in the Amber category contain reduced fats, salts and sugars in accordance with the smart choice strategy.

Sacred Heart Primary School

Tuckshop Menu
2014
Updated 28th January 2014
Little Lunch Only
Green
Sao and Vegemite ..................... .50c
Sao Cheese 'n' Tomato ............. .60c
Amber
Kool Skool Double Choc Cookie ..... $1.60

Tuckshop Baked
Chocolate slice (2 Small) .......... $1.00
Patty Cake .......................... $1.00
Choc Chip Muffin ..................... $1.00
Chocolate Chip Cookies (2) ...... $1.00

Big Lunch and Little Lunch
Hot Food
Kool Skool Snack Pie ............... $2.20
Kool Skool Potato topped snack pie.. $2.40
Kool Skool Sausage Roll .......... $2.40
Kool Skool Beef Pie ............... $3.20
Apple ................................ $1.00
Apple Slinky ........................ $1.00

Green
Sandwiches
White Or Wholemeal Bread-
Vegemite ................................ $1.50
Ham ..................................... $2.10
Ham and Salad ......................... $3.60
Chicken ................................. $2.10
Chicken and Salad .................. $3.60
(Salad: lettuce, tomato, cheese,
beetroot, carrot)
Each additional filling on plain meat
sandwiches is an extra.................... .20c
Toasting (extra) ........................ .20c
Example: Toasted Ham and cheese .... $2.50
Wraps
Ham or Chicken Salad Wrap........ $3.60
Hot Food
Spagheti Bolognese ................. $3.30
Lunchbox Lasagne .................. $3.30
Kool Skool Potato topped Beef Pie.. $3.40
Hot Dog ............................... $2.00
Hot Dog with Cheese ................ $2.30
Chicken Nuggets .................... 4 for $1.90
.............................................. 6 for $2.70
Mini pizza (Ham and Pineapple) .... $2.10
Chicken Patty Burger ............... $3.20
Chicken Patty Burger with cheese $3.30
Chicken Patty Salad
Burger ................................. $3.60
Potato Gems $2.10 With Gravy ...... $2.30
Chicken and Gravy Roll ........... $3.10
Please advise if you want Mayo, BBQ or Tomato sauce

Drinks
Water (600ml) ........................... $1.30
Orange Juice Poptop ............... $1.50
Apple Juice Poptop .................. $1.50
Apple & Black currant Poptop .... $1.50
Slush Puppie ......................... $1.80
Play Water Poptops – fruit tingle, black
currant
Chocolate Milk (250ml Popper) .... $1.60
Strawberry Milk (250ml Popper) ... $1.60
Milo .................................. $1.00
Iced Tea (Strawberry, Watermelon,
Peach) ................................ $2.85

Over the Counter Items
Served after Big Lunch has been eaten
Red
Ice Blocks - Streets
Zooper Dooper ......................... .50c
Mini Calippo ........................... .80c
Icy Twist ............................ .90c
Rainbow Paddlepop ................. $1.30
Chocolate Paddlepop .............. $1.30

Amber
Smiths Chips, Plain, BBQ, S & V, Honey & Soy $1.00
Burger Men, ......................... $1.20
Jumpies – chicken 80c
Jelly Cups, Raspberry, lime & orange 50c