

# Meal Deals

Available First Break

Choice of below item + Berri 100 % Juice 110ml + choice of Snack—1/2 Popcorn or Apple Wedges or Cheese Cubes.  
\$6.00

- ◆ Lasagne ♥
- ◆ Chicken Wedge Sub ♥
- ◆ Beef Pie ♦

\$5.50

- ◆ Charlton Chicky Wrap ♥
- ◆ Silly Caesar Wrap ♥

## Snack Packs Available Both Breaks ♥ \$4.00

- ◆ Eggstraordinary Snack Pack + Juice cup or 250ml Water - Boiled Egg, Popcorn, Apple Wedges,
- ◆ Snack Attack + Juice cup or 250ml Water - Cheese cubes, Popcorn, Apple Wedges,

## Valued Volunteers

Volunteering in the tuckshop is a fun and rewarding way to engage with the school community. We invite you to be a part of this exciting opportunity, any day, any time. Please contact the Tuckshop Convenor on 3294 5331 to discuss how you can be involved.

## Dietary Requirements -

Nut Free Tuckshop  
Gluten Free Menu Available please ask for one at the Tuckshop.  
Vegetarian & Vegan Options Available Please come see us. Should your child have Special Dietary Requirements please contact the Convenor to see how these can be accommodated. 3294 5331  
(All products & prices are Subject to Change & Availability)

# How To Order

ALL ORDERS CLOSE 9.10am

Online ordering through Munch Monitors is our preferred Method. This is an efficient tool which enables the tuckshop to spend more time preparing our homemade menu for you and your family.

Late Orders/No Lunch— late orders will be negotiated depending on the time available. Students with no lunch will be directed to the office to contact parents.

Online Ordering: Register at-

[www.munchmonitor.com/Account/SchoolRegister](http://www.munchmonitor.com/Account/SchoolRegister)

Enter Username: Karalee

Password: munch4306

MunchMonitors Phone Number 1300 796 190

Need help - contact [help@munchmonitor.com](mailto:help@munchmonitor.com) or phone Munch-Monitors or our friendly tuckshop staff who can arrange a time to assist you to register online.

## Counter orders -

Order as per example...  
If ordering for multiple children place all labelled bags in one bag with the total money.  
SEPARATE BAG REQUIRED FOR EACH BREAK

Every effort will be made to contact students should a change need to be made to the original order.

- ◆ Stock unavailable — a similar item will be offered or refund given
- ◆ Insufficient funds — offered an alternative item for the value that has been provided.

Name
Class
First Break or Second Break
Items
Total Cost
Change required

Karalee State School is a Smart Choice School, an initiative of the Queensland Government promoting healthy eating. For more information go to—  
<http://education.qld.gov.au/school/healthy/food-drink-strategy.html>



# Karalee Tuckshop

## Term 2 & 3 2020 Menu



*Karalee State School Tuckshop is a community service provided by the schools P&C Association and Volunteers.*

*We aim to provide fun and fresh menu options to the Karalee community that are predominantly homemade.*

Operating Hours -  
Monday to Friday  
8.30am-2.30pm

# Hot Food Menu

Available Daily-First Break Only

- ◆  **Homemade Lasagne** \$5.00  
Layers of Pasta, Beef & Vegetable Bolognaise & Bechamel Sauce topped with Cheese.
- ◆  **Soup Of The Day—Homemade** \$3.50  
Cup of Soup, Buttered Bread & Spoon
- ◆  **Chicken Wedge Sub** \$5.00  
3 x Chicken Wedges on a Long Roll with Lettuce & Mayo
- ◆  **Mumma Mia Pizza** \$4.00  
Homemade Freshly Topped Pizza -  
Ham & Cheese / Ham, Pineapple & Cheese /  
Pineapple & Cheese or Cheese
- ◆  **Hot Diggity Dog** \$3.50  
97% Fat Free Skinless Frank on a Fresh Long roll with Tomato,  
BBQ or No Sauce
- ◆  **Cheesy Hot Diggity Dog** \$4.00  
Like our Hot Diggity Dog with a serve of Grated Cheese.
-  **Weekly Winter Warmer Specials TBA Weekly** 

**Remember you can always remove any unwanted ingredients from your choice. Make a note on your tuckshop bag or use the appropriate selection on Munch Monitor.**



## AVAILABLE BOTH BREAKS

- ◆ **Sausage Roll-Kool Skool** \$3.50
- ◆ **Chicken Wedge Vege Nest, Lettuce, Corn & Mayo.** \$3.00  
(2+ Salad Cup)  
(4+ Salad Cup) \$5.00
- ◆ **Beef Pie-Kool Skool** \$5.00
- ◆ **Sauce—Tomato / BBQ / Mayonnaise** 0.30c
- ◆ **Plastic Spork** 0.20c

# Fresh Food Menu

Available Daily-First and Second Break

- Wrap It Up Wraps –Freshly Made** 
- ◆ **Charlton Chicky Wrap** \$4.50
- Chicken Wedge Wrap with Lettuce and Mayo**
- ◆ **Ham It Up Wrap** \$4.50  
Ham and Salad Wrap with Lettuce, Tomato, Cucumber, Beetroot, Carrot, Cheese and Mayo
- ◆ **Roast It Wrap** \$4.50  
Roast Chicken and Salad Wrap- Lettuce, Tomato, Cucumber, Beetroot, Carrot, Cheese and Mayo
- ◆ **Silly Caesar Wrap** \$4.50  
Roast Chicken Wrap with Lettuce, Tomato, Cheese and Caesar Dressing
- ◆ **Sensational Salad Wrap V VG** \$4.00  
Lettuce, tomato, Cucumber, Beetroot, Carrot, Cheese and Mayo

- Super Sangas & Subs - Freshly Made SANGA—SUB/Roll**
- Vegemite, / Strawberry Jam / Cheese / Ham \$2.00 \$2.50 Sub
  - Ham & Cheese / Egg / Cheese & Vegemite \$2.50 \$3.00 Sub
  - Chicken /Cheese & Chicken /Egg & Lettuce /Salad \$3.00 \$3.50 Sub
  - Ham & Salad / Chicken & Salad / Chicken Caesar \$4.00 \$4.50 Roll

- Top That Toasties-**  
- 1x Filling—Vegemite / Cheese / Ham \$2.50
  - 2x Fillings—Ham & Cheese / Chicken & Cheese \$3.00  
/ Tomato & Cheese / Vegemite & Cheese
  - 3+ Fillings—Ham, Cheese & Tomato/ Chicken, Cheese & Mayo \$3.50  
+ Wholemeal Bread Available for Sandwiches & Toasties.

- Super-Charged Salads - Freshly Made** 
- ◆ **Mini Salad (Garden Salad Only)** \$2.00
  - ◆ **Small Salad** \$3.50
  - ◆ **Large Salad** \$5.00  
Ham Salad or Chicken Salad, or Egg Salad  
Chicken Caesar salad
  - ◆ **Small Chicken Wedges (2) & Mini salad & Mayo Tub** \$5.00  
  - ◆ **Large Chicken Wedges (4) & Small salad & Mayo Tub** \$6.50 





## LEGEND

-  = Eat mostly - **Green** approved menu item
-  = Eat sometimes- **Amber** approved menu item


# Quick Bites Menu

Available Daily-First and Second Break

- Seriously Good Snacks** 
- ◆ **Orange—Cut into Wedges** \$1.50
  - ◆ **Apple Slinky** \$1.50
  - ◆ **Boiled egg** \$1.00
  - ◆ **Popcorn—freshly Popped** \$1.00
  - ◆ **Fruit Salad (Seasonal Fruits)** Mini \$2.00  
Small \$3.50  
Large \$5.00
  - ◆ **Bliss Balls** \$1.00
  - ◆ **Crackers and Cheese Pack** \$2.00
  - ◆ **Cool Custard and Fruit Salad Cup** \$2.00

- Seriously Sometimes Snacks** 
- ◆ **Homemade Muffin of the day ; low sugar** \$1.50
  - ◆ **Homemade Cookie of the day** 0.50c
  - ◆ **Cool Custard Cup** \$1.50
  - ◆ **Pikelets Plain or Jam (2)** \$1.50

- The Chill Zone** 
- ◆ **Spring Water Bottle 600ml** \$1.50
  - ◆ **250ml** \$1.00
  - ◆ **Juice cup 100ml** \$1.00
  - ◆ **Cold Milk—Cup** \$1.50
  - ◆ **Slush Puppy -Various Flavours** Small \$1.80  
Large \$2.30
  - ◆ **Milo— Cold or Warm** \$2.00
  - ◆ **Milk Popper— Chocolate, Strawberry, Vanilla** \$2.00
  - ◆ **300ml Flavoured Milk —Chocolate, Strawberry** \$2.50
  - ◆ **99% Juice Popper—**  
Apple, Apple/Blackcurrant, Tropical, Orange \$1.50

- From The Freezer** 
- 50c - Zooper Dooper
  - \$1.00 - Calippo, TNT, Milk Pop, Sour Pops/Zings
  - \$1.50 - Lemonade Icy Twist,
  - \$2.50 - Frozen Yoghurt Tub
  - Ice Block Flavours & Brands May Change Through Out The Term