

MEAL DEALS

Available First Break



Choice of below item + Berri 100 % Juice + choice of snack—cookie or 1/2 popcorn or apple wedges or cheese cubes.

\$5.50



- Lasagne
- Meatball Sub

\$5.00

- ◆ Charlton Chicky Wrap
- ◆ Silly Caesar Wrap
- ◆ Beef Pie



Available Both Breaks \$4.00

- ◆ **Eggstraordinary Snack Pack** + Juice cup or 330ml Water - Boiled Egg, Popcorn, Apple Wedges,
- ◆ **Snack Attack** + Juice cup or 330ml 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 Kate Taylor on 3294 5331 to discuss how you can be involved.

Dietary Requirements -

Gluten free options now available please see separate menu. Vegetarian options available. Should your child have special dietary requirements please contact the Convenor Kate 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 time available. Students with no lunch will be directed to the office to contact parents.

Online Ordering: Register at-

www.munchmonitor.com/Account/SchoolRegister
Enter Username: Karalee
Password: munch4306

Need help - contact help@munchmonitor.com or phone our friendly tuckshop staff on 3294 5331 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 Choices school, an initiative of the Queensland Government promoting healthy eating. For more information go to- <http://education.qld.gov.au/schools/healthy/food-drink-strategy.html>



Karalee Tuckshop

WINTER-MENU 2018



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

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

| | | |
|--|---|--------|
| ◆ Lasagne- Homemade | ♥ | \$4.50 |
| ◆ Meatball Sub | | \$4.50 |
| 3 Meatballs in Napolitana sauce with cheese on a roll | | |
| ◆ Chicken Wedge Sub | | \$4.50 |
| 3 x Chicken wedges on a roll with lettuce & mayo | | |
| ◆ Mumma Mia Pizza | ◆ | \$4.50 |
| Homemade Freshly topped pizza - Ham & Cheese/Ham, Pineapple & Cheese/Pineapple & Cheese/Cheese | | |
| ◆ Hot Diggity Dog | | \$4.00 |
| 97% fat free skinless frank on a fresh roll with sauce | | |
| ◆ Cheesy Hot Diggity Dog | | \$4.50 |
| Like our hot diggity dog with a serve of grated cheese. | | |

Remember your can always remove any unwanted ingredients from you choice, Make a note on your tuckshop bag or use the appropriate selection on munch monitor.

AVAILABLE BOTH BREAKS

| | |
|---------------------------|--------|
| ◆ Sausage Roll-Kool Skool | \$3.00 |
| ◆ Pie Bites—Beef | \$3.50 |
| ◆ Chicken Wedge Vege Nest | |
| (2+ salad cup) | \$3.00 |
| (4+ salad cup) | \$5.00 |
| ◆ Beef Pie-Kool Skool | \$4.00 |
| ◆ Sauce—Tomato/BBQ | 0.30c |

LEGEND

- ♥ = Eat mostly - Green approved menu item
- ◆ = Eat sometimes- Amber approved menu

FRESH FOOD MENU

Available Daily-First and Second Break

| | | |
|--|--|--------|
| Wrap It Up Wraps -freshly made | | ♥ |
| ◆ Charlton Chicky Wrap | | 4.00 |
| Chicken wedge wrap with lettuce and mayo | | |
| ◆ Ham It Up Wrap | | \$4.00 |
| Ham and salad wrap with lettuce, tomato, cucumber, beetroot, cheese and mayo | | |
| ◆ Roast It Wrap | | \$4.00 |
| Roast chicken and salad wrap- lettuce, tomato, cucumber, beetroot, cheese and mayo | | |
| ◆ Silly Caesar Wrap | | \$4.00 |
| Roast chicken wrap with lettuce, tomato, cheese and caesar dressing | | |

| | |
|--|------------------|
| Super Sangas & Subs- freshly made | SANGA—SUB |
| Vegemite, Strawberry, Jam, Cheese | \$2.50 \$3.00 |
| Ham, Egg, Cheese & Vegemite | \$3.00 \$3.50 |
| Ham & Cheese, Chicken, Egg & Lettuce, Salad | \$3.50 \$4.00 |
| Ham & Salad, Chicken & Salad, Chicken Caesar | \$4.00 \$4.50 |

Top That Toasties-

| | |
|--|--------|
| 1 x Filling—Vegemite or Cheese or Ham | \$3.50 |
| 2+ Fillings- Ham & Cheese/Ham, Cheese & Tomato | \$4.00 |
| Chicken & Cheese./Chicken & Cheese & Mayo | |
| Tomato & Cheese/Vegemite & Cheese | |

Super-Charged Salads - freshly made

| | | |
|---|---|--------|
| ◆ Mini Salad (Garden Salad Only) | ♥ | \$2.00 |
| ◆ Small Salad | | \$4.00 |
| ◆ Large Salad | | \$5.00 |
| Ham & salad, Chicken & salad, Chicken Caesar salad, Egg Salad | | |
| ◆ Chicken wedges (2) & Medium salad | | \$5.00 |

QUICK BITES MENU

Available Daily-First and Second Break

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|---------------------------------|--------------|--------------|
| Seriously Good Snacks | | ♥ |
| ◆ Fruit of the day | | \$1.50 |
| ◆ Apple Slinky | | \$1.80 |
| ◆ Vegorama Snack Cup— | | |
| carrot/cucumber/cheese cubes | | \$1.50 |
| ◆ Boiled egg or cheese cubes | | \$1.00 |
| ◆ Popcorn—freshly air popped | | \$1.00 |
| ◆ Fruit Salad (seasonal fruits) | Mini | \$2.50 |
| | Small \$3.50 | Large \$4.50 |
| • Bliss Balls | | \$1.00 |
| • Crackers and cheese pack | | \$2.00 |
| ◆ Cool Custard and fruit cup | | \$2.00 |

Seriously Sometimes Snacks

| | | |
|--|---|--------|
| ◆ Homemade Muffin of the day } low sugar | ◆ | \$1.50 |
| ◆ Homemade Cookie of the day | | 0.50¢ |
| ◆ Cool Custard Cup | | \$2.00 |
| ◆ Pikelets Plain or Jam (2) | | \$1.50 |

The Chill Zone

| | | |
|---|-------|--------|
| ◆ Spring Water Bottle 600ml | ◆ | \$1.50 |
| ◆ Cold Milk—Cup | | \$1.50 |
| ◆ Slush Puppy—Juice based Various Flavours | | |
| | Small | \$1.70 |
| | Large | \$2.20 |
| ◆ Milo— Warm | | \$2.00 |
| ◆ Milk Popper- Chocolate, Strawberry, Banana | | \$2.00 |
| ◆ 300ml Flavoured Milk —Chocolate, Strawberry | | \$2.30 |
| ◆ 100% Juice Popper— | | |
| Apple, Apple/Blackcurrant/Tropical/Orange | | \$1.70 |

From The Freezer Juicy Stick 50c,

ALL \$1—Zing, Calippo, TNT, Milk Pop
Ice Cream Tub Vanilla/Choc, Lemonade Icy Twist \$1.50,
Frozen Yoghurt \$2.20