

## Smart Choices

Smart Choices is all about offering healthy food and drink choices to students in Queensland schools.

The Strategy requires schools to offer students a range of healthy food and drinks, consistent with the Australian Guidelines for children and adolescents

A Smart Choices tuckshop plays a very important role in the school. A healthy school tuckshop models the positive nutrition messages to our children.

## HOW TO ORDER TUCKSHOP

You can order online via the school shop online website below. Please note this is not run by PSSS and you will need to register and create login details to place your orders if you are a first time user.

**schoolshoponline**  
REVOLUTIONISING SCHOOL SYSTEMS ONLINE

[www.schoolshoponline.net.au](http://www.schoolshoponline.net.au)

Order cut off time is 8:30a.m.

- Bags are available at tuckshop
- Write name, class and order on bag
- Separate bags for each break (e.g. Morning tea and big lunch)
- NO staples or sticky tape to be used
- Eftpos not available

“RED days are once a term”

### DONATIONS

To keep running costs down, we greatly appreciate any donations of the following items :

- Baking ingredients
- Fresh Fruit
- Fresh Vegetables
- Cling Wrap, aluminium foil
- Gloves

Please feel free to contact our P&C if you have questions: [pandc@peregianspringsss.eq.edu.au](mailto:pandc@peregianspringsss.eq.edu.au)

Note we are a nut and egg free school. Please see administration for our policy and procedures form.

### VOLUNTEERING

Everyone is welcome no matter how little time you have. Please contact our tuckshop manager on 0753512222 or email our [pandc@peregianspringsss.eq.edu.au](mailto:pandc@peregianspringsss.eq.edu.au)



Tuckshop Menu 2020

Term 1

Operating Hours

8.30a.m. —1.30p.m.

Monday

Thursday

Friday

Tuckshop Manager:

Raemaree Sommerville

Tuckshop Assistant:

Heather Worth

01/2020 — Menu and Prices may change without notice

**smart CHOICES Food and drink SPECTRUM**

**‘Have Plenty’**

Encourage and promote these foods and drinks.

These foods and drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories)

**‘Select carefully’**

Do not let these foods and drinks dominate the choices and avoid large serving sizes.

These foods and drinks:

- have some nutritional value
- have moderate amounts of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kilojoules or calories)

**‘Occasionally’**

These foods and drinks are to be supplied on no more than two occasions per term.

These foods and drinks:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories)

Queensland Government  
Department of Education

<http://education.qld.gov.au/schools/healthy/docs/smart-choices-strategy.pdf>



**FRESH SANDWICHES / WRAPS - first break**

Cheese Sandwich	\$3.00
Ham & Cheese Sandwich	\$3.50
Ham/Cheese/Tomato Sandwich	\$4.00
Salad Sandwich (tomato, cucumber, carrot, cheese, lettuce, mayo)	\$4.50
<i>(Add extra Ham or Chicken for \$1.00)</i>	

**TOASTED SANDWICHES - first break**

Cheese	\$3.50
Ham and Cheese	\$4.00
Ham, Tomato and Cheese	\$4.50
<i>(GF option \$0.30c extra)</i>	

**BURGERS - first break**

Chicken Schnitzel Burger (Lettuce, Tomato & Mayo)	\$5.00
Cheese Burger (beef patty, cheese, sauce)	\$5.00
*Add extra salad: lettuce, carrot, cheese, tomato	\$1.00
<i>(GF option \$0.50c extra)</i>	

**NACHOS - Friday second break only**

Served on corn chips with cheese, salsa and sour cream (GF)	
Meaty Nacho	\$5.00
Vege Nacho (refried beans)	\$5.00
<i>(Add Guacamole \$1.00)</i>	

**HOT FOOD - both breaks**

Garlic Bread	\$2.00
Beef pie Small	\$3.00
Beef pie Large	\$4.50
Sausage roll	\$4.00
Hot Dog	\$3.00
Hot Dog with cheese	\$3.50
Sauces: BBQ or Tomato (Ezy squeeze)	.50c

*(GF option for hot dog is \$0.50 extra)*

**FRESH SUSHI ROLLS —Thursday second break only**

Fresh Chicken and Avocado	\$3.50
Tuna and Mayonnaise	\$3.50
Avocado	\$3.50
Soy Sauce	Free

\*Freshly made in the tuckshop

**FOR YOUR INFORMATION**

- Please note some menu items are served at either first break or second break. Check the menu or [www.schoolshoponline.net.au](http://www.schoolshoponline.net.au) for details
- Online ordering cut off time is 8.30am
- Please remind your child they have tuckshop and encourage your child to speak to tuckshop if they have a concern
- Vegetarian/ Gluten Free options are available upon request and through [www.schoolshoponline.net.au](http://www.schoolshoponline.net.au)
- When an item becomes unavailable a substitute will be made
- Please note we are an allergy aware tuckshop and note that all our menu items, may contain traces of nuts, eggs and gluten or may have been prepared alongside products that include these allergens
- Check online for weekly specials or on our special boards at tuckshop

**SNACKS - both breaks**

Popcorn (air popped)	.50c
Homemade Large Cookie	\$1.10
Homemade Muffin	\$2.00
Red Rock Chips (sea salt or honey soy)	\$1.50
Mainland Cheese and Crackers	\$2.50
Fresh Fruit salad cup	\$3.00

**FROZEN SNACKS - both breaks**



Quelch icy poles (over the counter only)	\$1.00
Frozen Yoghurt (Strawberry or Mango)	\$2.70

**DRINKS - both breaks**

Water 600ml	\$2.00
Just Juice Popper	\$2.00
<i>(Flavours - Apple, Orange or Apple Blackcurrant)</i>	
Breka Milk (Chocolate or Strawberry)	\$2.50

**HOW TO ORDER:**

Online at [www.schoolshoponline.net.au](http://www.schoolshoponline.net.au) or at the tuckshop counter on a bag see "example" below.

	
<b>Little Lunch</b> John Smith - Class P4 Fruit Cup \$1.00 Chocolate Milk \$2.50 Total \$3.50	<b>Big Lunch</b> John Smith - Class P4 Cheese Sandwich \$2.00 Chocolate Milk \$2.50 Total \$4.50