Smart Choices is all about offering healthy food & drink choices to students in Qld schools. The strategy required the schools to offer students a range of healthy food & drinks, consistent with the Australian Dietary Guidelines for children & 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.

ALL ORDERS MUST BE IN BEFORE 9.00 AM. ORDERS RECEIVED AFTER 9.00 AM WILL BE SUPPLIED AT 2ND BREAK.

On-Line Tuckshop Ordering Coming to SHSS soon!

SHSS Volunteers Always Needed
The Tuckshop can only run smoothly with your assistance. If you can lend a hand on any day, even for just a short time, please contact Debbie Burns, our friendly Tuckshop Convenor, on 3345 3970 or drop into the Tuckshop for a chat!

Sunnybank Hills State School

BREAKFAST MENU

SHSS Tuckshop is OPEN FOR BREAKFAST EVERY SCHOOL DAY 8.00am to 8.40am!

Pizza Roundas .... $2.50
Toast per slice with vegemite or jam etc .... $0.70
Raisin Toast per slice ....................... $0.80
Toasted cheese sandwich............... $2.20
Toasted ham or chicken and cheese...... $3.50
Muffin (choc chip or caramel/banana).... $1.20
Cheese and bacon roll...... $1.50
Hot or Cold Milo............................ $1.70
Flavoured Milk 300ml.................... $2.00
Juice popper 250ml....................... $1.70
Plain Milk 300ml ......................... $1.50
Fresh fruit salad......................... $1.80

Menu Updated Sept 2014
**SHSS Tuckshop Menu**

### 2014 DAILY SPECIALS

**Mad Monday**
- Bacon & Egg Roll
  - $3.60

**Roast Tuesday**
- Roast Beef & Gravy Roll
  - $3.60

**Sushi Wednesday**
- Sushi $2.80
- 6pc Combo $4.30 (Sushi Menu listed below)

**Tasty Thursday**
- Vegetable Spring Rolls
  - $1.40

**Fishy Friday**
- Fish Fillet Burger
  - Lettuce & Tartare Sauce
  - $3.60

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### SANDWICHES/ROLLS
- Vegemite or Jam ............... $1.40
- Cheese ................................... $2.20
- Egg and Lettuce ............... $2.80
- Ham or Chicken or Tuna .. $3.30
- Salad Sandwich .................. $3.50
  - lettuce, tomato, cucumber, carrot, beetroot
- Ham, cheese and tomato ...... $3.80
- Ham/Chicken/Tuna & salad ... $4.40
  - Toasted available. White & Wholemeal Bread available. Multigrain roll + 30c

### SALADS
- Chicken Caesar Plate .......... $5.00
- Salad Plate ......................... $4.20
  - lettuce, tomato, cucumber, carrot, pineapple, beetroot, cheese

### WRAPS
- Salad Wrap .......................... $3.00
  - lettuce, carrot, tomato, cheese
- Caesar wrap ....................... $3.50
  - lettuce, cheese, bacon, dressing
- Toasted Hawaiian wrap .......... $4.00
  - chicken, cheese, bacon, p/apple

### Chicken Tender Wrap or Sub . $4.20
- Kentucky style chicken tender,
  - Lettuce, tomato, chilli sauce in wrap or toasted roll

### Extras
- cheese ................................ $0.40
- egg ....................................... $0.50
- ham/chicken/tuna ................... $1.10
- mayo/tomato/sauces ................ $0.30

### HOT FOOD
- **Hot Dog** (incl tomato sauce) ....... $2.70
- **Meat Pie** ............................ $3.40
- **Potato Top Pie** ..................... $3.70
- **Sausage Roll** ....................... $2.70
- **Mini Pie** (incl sauce) ......... $1.10
- **Chicken Chips** (6) ................ $3.00
- **Burger** ............................... $3.30
  - Meat & sauce
- **Cheeseburger** ..................... $3.60
  - Meat, sauce & cheese
- **Deluxe Burger** .................... $4.40
  - Meat, lettuce, tomato & beetroot
- **Chicken Burger** ................. $3.60
  - Chicken, lettuce & mayonnaise
- **Pizza** ................................. $2.80
  - Cheese & bacon or Supreme
- **Beef Lasagne** ...................... $3.50
- **Macaroni Cheese** ............... $3.50
- **Chicken or Beef Noodles** ...... $2.40
- **Corn Cobbette** .................... $0.90
- **Fried Rice** (homemade) ........ $3.00
  - With Bacon or Vegetarian
- **Garlic Bread** ...................... $1.40
- **Potato Wedges** + Sour Cream ...... $2.70
- **Fish & Potato Wedges** ......... $3.50
- **Chicken Noodles** Gluten Free .... $2.40

### Extras
- Sauces Sachets ...................... $0.25
  - Tomato, BBQ, Chilli or Sweet/sour

### DRINKS with grams of sugar per serve
- Bottled Water 600ml (16g) $1.80
- Focus Fruitwater 350ml (16g) $1.90
- Focus Fruitwater 500ml (13g) $2.30
- Juice Popper 250ml (27g) $1.70
  - Orange, Apple, Tropical
- Juice 350ml (27g) $2.20
  - Orange or Tropical
- Large Flavoured Milk 300ml (28g) $2.00
  - Choc, Strawberry, Vanilla, Coffee
- Small Flavoured Milk 250ml (23g) $1.80
  - Chocolate or Strawberry
- Plain Milk 300ml (14g) $1.50
- LOL 250ml (27g) $2.00
- Razzberry, Black Currant, Tropical, Strawberry
- Quench 350ml (10g) ...... $2.00
  - Cola, Lemonade, raspberry, Lime or Blue
- Glee 250ml (16g) ............... $2.00
  - Grape, Berry, Strawberry, Blackcurrant
- Slushi (small serve) (15g) $1.80
- Slushi (medium serve) (20g) $2.20
- Krazy Lemon 355ml (16g) $1.80
- Iced Tea (17g) .................... $2.30
  - Peach, Strawberry, Watermelon
  - Cherry/Lime

### SNACKS
- **Muffins** (made in Tuckshop) ...... $1.20
  - Chocolate or Caramel Banana
- **Large Choc Chip Cookie...** $1.20
- Pikelets x 2 with fruit spread ........ $1.00
- Jelly & Custard .................... $1.20
- Jelly & Fruit ....................... $1.20
- Yoghurt Strawberry or Vanilla ...... $2.00
- Fresh Fruit Salad (made daily) ... $1.80
- Mini Iced Finger Bun .............. $1.10
- Seasonal Fruit ....................... $1.00
- Chips or JJ Crackers ................ $1.00
- **Rice Bites** (GLUTEN FREE) .......... $1.00
  - Cheese, Chicken, Plain
- Popcorn .................................. $0.70
- Pretzels ............................... $1.20

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**SUSHI MENU available every WEDNESDAY**

ALL SUSHI ..........$2.80 each
- * Chicken, Cucumber & Avocado
- * Tuna, Cucumber & Avocado
- * Avocado
- * Prawn
- * California Roll
- * Vietnamese Roll

6pc Sushi Combination ........ $4.30

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Is your child having a Birthday? BIRTHDAY CELEBRATION PACKAGES available through the Tuckshop. Ring Debbie Ph: 33453970 - 3 DAYS NOTICE !!!