Sandwiches (Wholemeal Bread) Available Every Day
- Vegemite / Honey.......................... $ 1.50
- Lite Cheese.................................. $ 2.00
- Lite Ham..................................... $ 3.00
- Tuna (in Spring water)...................... $ 4.00
- Egg & Lettuce................................. $ 3.00
- Poached Chicken............................ $ 3.00
- Add Cheese or Tomato..................... $ 0.50
- Salad.......................................... $ 4.00
- Ham/Chicken/Roast Beef Salad.......... $ 5.50
- Toasted........................................ $ 0.30
- Upgrade to Wrap,.............. Add $ 1.00

Salads
- Small Tossed Salad....................... $ 3.00
- Medium Tossed Salad.................. $ 4.00
- Large Tossed Salad...................... $ 5.50
  (Lettuce, Carrot, Cheese, Tomato,
  Cucumber, Corn, Egg)
- Add Lite Ham/Poached Chicken OR
  Roast Beef................................ $ 1.00
- Add Tuna...................................... $ 2.00

Hot Food Available Every Day
- Hotdog with Sauce,................... $ 3.50
- Hotdog with Sauce & Cheese...... $ 4.00
  (BBQ or Tomato Sauce Available)
- 3 Chicken Nuggets with sauce,... $ 2.00
- 6 Chicken Nuggets with Sauce...... $ 4.00
  (BBQ or Tomato Sauce Available)
- Corn Cob.................................. $ 1.00
- Ham & Cheese Pizza Fingers...... $ 2.00
- Fish Finger Sub (Lettuce & Mayo) $ 3.50
- Fish Finger Sub (lettuce & Tartare) $ 3.50
- Homemade Spaghetti Bolognaise.. $ 4.00
- Burrito....................................... $ 4.00
  (Taco Mince, Lettuce, Tomato, Cheese, Mild Salsa)
- Chicken Quesadilla................. $ 4.00
  (Poached Chicken, Mild Salsa or BBQ Sauce, Cheese)
- Add Pineapple............................. $ 0.50
- Roast Beef Quesadilla............... $ 4.00
  (Roast Beef, Mild Salsa, Cheese)
- Add Tomato................................. $ 0.50

Lunch Meal Packs
- Healthy Choice Pack
  Everyday $ 6.00
  - Salad Wrap
  - 600mL Water
- Small Salad Pack
  Everyday $ 5.00
  - Small Bowl of Salad
  - 600mL Water
  - Fruit of the Day
- Surf & Turf Pack
  Everyday $ 5.50
  - 3 Fish Fingers & Sauce
  - Salad Tub
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Fish Sub Pack
  Everyday $ 6.50
  - Fish Finger Sub
  - Popcorn or Fruit
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Chicken Little Pack
  Everyday $ 4.50
  - 3 Chicken Nuggets & Sauce
  - Salad Tub
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Big Rooster Pack
  Everyday $ 6.50
  - 6 Chicken Nuggets & Sauce
  - Salad Tub
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Baked Bean Pack
  Everyday $ 4.00
  - Bowl of Baked Beans
  - Crusty Bread Dipper
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Pasta Pack
  Everyday $ 6.50
  - Spaghetti Bolognaise
  - Garlic Bread
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Tiny Tummies Pack
  Everyday $ 4.50
  - 3 Nuggets & Sauce
  - Popcorn or Fruit
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Dippy Chicken Pack
  Everyday $ 6.50
  - 6 Nuggets & Sauce
  - Popcorn or Fruit
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Half-a-Hunger
  Everyday $ 4.50
  - ½ Hotdog
  - Popcorn or Fruit
  - Water
  - OR Poptop / Small Milk (250mL)
  - (Cheese – 50c extra)
- Hunger Buster
  Everyday $ 6.00
  - Hotdog
  - Popcorn or Fruit
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
  - (Cheese – 50c extra)
- Sausage Roll Pack
  Mon, Wed, Fri ONLY
  $ 5.50
  - Lite Sausage Roll & Sauce
  - Popcorn or Fruit
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)
- Pie Pack
  Mon, Wed, Fri ONLY
  $ 5.50
  - Travellor Pie & Sauce
  - Popcorn or Fruit
  - Water (600mL)
  - OR Poptop / Small Milk (250mL)

Separate Bags To Be Used For Each Order (LUNCH or AFTERNOON TEA) (Bags Available 10c Each)
Please Ensure Name and Class Is On Bag - Volunteers Always Welcome - 3802 1045
Park Ridge State School – SUMMER Smart Choices Menu – 2017
Tuckshop Hours 8.30am – 2.30pm
ALL ORDERS TO BE IN BY 9.00am
EFTpos Available on Tuesday, Thursday and Friday

SIGN UP NOW TO “MUNCH MONITORS” ONLINE ORDERING – www.munchmonitor.com
Username: parkridge
Password: munch4125

Park Ridge State School – SUMMER Smart Choices Menu – 2017

1.30pm to 1.45pm

**Sandwiches Available Everyday**
- Vegemite / Honey
- Lite Cheese
- Lite Ham
- Tuna (in spring water)
- Poached Chicken (Mayo Optional)
- Egg & Lettuce
- Add Cheese or Tomato

**Hot Food**
- Hotdog with Sauce
- Hotdog with Sauce & Cheese
- 3 Chicken Nuggets with sauce
- 6 Chicken Nuggets with Sauce

**Popping Pack**
- Cookie
- Popcorn
- Water (600mL)

**Frozen Pack**
(Not Available for Prep till Term 4)
- Zing Bar
- Popcorn
- Water (600mL)

**Cob Pack**
- Corn Cob
- Muffin
- Water (600mL)

**Cracker Pack**
- Crackers with Vegemite
- Muffin
- Water (600mL)

**Tiny Tummies Pack**
- 3 Nuggets & Sauce
- Popcorn or Fruit
- Water (600mL)

**Dippy Chicken Pack**
- 6 Nuggets & Sauce
- Popcorn or Fruit
- Water (600mL)

**Half-a-Hunger Pack**
- ½ Hotdog
- Popcorn or Fruit
- Water (600mL)

**Hunger Buster**
- Hotdog
- Popcorn or Fruit
- Water (600mL)

**Available for BOTH Breaks**

**Snack Food**
- Homemade Muesli Bar
- ANZAC Cookie
- Fruit Muffin (Variety)
- Boiled Egg
- Crackers with Vegemite
- Crackers with Lite Cheese
- Popcorn
- Fruit of the Day
- Chicken Monster Noodle Snacks
- Red Rock Chips (Honey Soy, Plain)
- Grainwaves (Sour Cream)

**Drinks**
- Bottled Water 600mL
- 100% Juice Poppers 250mL
- 100% Juice Bottle 350mL
- Milk Brekka 250mL
- Milk Brekka 300mL
- Up & Go Milk
- Hot Chocolate

**Frozen Treats**
(Not Available for Prep till Term 4)
- Jelly Stick
- Zing Bar
- Frozen Milk Cup
- Icy Twist
- Calipo
- Frozen Yoghurt
- Slushie

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Park Ridge State School Tuckshop

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