

# Tuckshop

The Morayfield State High School tuckshop operates a smart choice menu.

Please choose GREEN products often and AMBER products carefully.

## 2007 Menu

### SANDWICHES

Assorted white , multigrain or wholemeal \$3.00

Small bread rolls with Ham or Chicken \$3.00

Large bread rolls with Ham or Chicken \$3.50

Salad boxes with Ham or Chicken, Cheese and Egg \$3.50

Pita Bread with Ham or Chicken and salad \$3.00

Wraps with Ham or Chicken and salad \$3.50

### HOT FOOD

Chicken Burgers with salad \$3.50

Sweet Chilli Chicken with salad wrap or roll \$3.50

Hamburger (low fat) with Pineapple and salad \$3.50

Pork spareribs with salad \$3.50

Lasagne Beef or Vegetable \$3.50

Spagetti Bolognaise \$3.50

Chicken Breast with salad in wrap or roll \$3.50

Pizza Rounders \$2.50

Bacon and Egg Muffin \$3.00

Pies (low fat) \$2.50

Small Sausage rolls \$1.50

## DRINKS

Milk Plain 600ml \$1.20

Milk Small flavoured \$1.80

Milk Large flavoured \$2.80

Juice 350ml 100% \$1.50

Juice 200ml 100% \$1.00

Poppers 100% \$1.00

Fuze \$2.00

Water 600ml \$1.00

Water 1.5lt \$2.00

Thorpedo \$2.00

Mizone \$2.50

H2GO \$2.50

Active \$2.50

Jelly Cup \$1.50

Jelly/Custard \$2.00

Choc Custard \$0.50

Small Yoghurt \$0.80

Large Yoghurt \$1.60

## OTHER

Cheese and Crackers \$1.50

Fruit packs in season \$2.50

Biscuits (pack of two) \$1.50

Muffin (low fat) \$2.00

The tuck shop is always on the lookout for extra helpers. If you can spare a couple of hours at any time it would be appreciated. Contact the school for details.