



# KIPPA RING TUCKSHOP

## Open Monday, Wednesday, Thursday and Friday for 1st and 2nd breaks

### How to order:

1. On-line with Flexischools at [www.flexischools.com.au](http://www.flexischools.com.au). Quick, convenient and no need to carry cash. Ask your convenor for details.
2. The original bag system. Please pre-order hot food. A separate bag is required for 1st and 2nd breaks.

### LUNCH PACKS

**Sandwich pack** Choice of ham and cheese or chicken and mayo sandwich, piece of fruit, cheese and crackers, mini muffin, juice popper **\$8.00**

**Platter for the grazers** Cheese and crackers, veggie sticks and dip, cut up fruit, fruit leather, popper **\$6.00**

### HOT FOOD

**Spaghetti Bolognese** Homemade sauce with GF pasta **\$4.50**  
**\$4.80**

**Macaroni Cheese** Homemade cheesy sauce **\$4.20**

**Butter Chicken** Homemade, served with rice (GF) **\$5.00**

**Fried Rice** with ham, egg and veg (GF) **\$4.00**

**Zucchini Slice** A big slice of vegetable goodness (GF) **\$4.00**

**Mini Quiche** 2 homemade ham and vegetable **\$3.00**

**Cheeseburger** Homemade beef pattie with cheese and tomato sauce **\$4.50/\$5.00 w salad**

**Chicken Burger** Chicken, lettuce, mayo **\$4.50/\$5.00 w salad**

**Veggie Burger** Generous veggie pattie with lettuce and mayo **\$4.50/\$5.00 with salad**

**Roast Chicken Roll** Roast chicken, mayo or gravy **\$5.00**

**Hot Dog** Beef sausage, long roll with tomato/bbq sauce **\$3.50**

**Chicken Nuggets** (x4) **\$4.50**

**Chicken Tenders** 2 x crumbed chicken tenderloins (GF) **\$4.50**

**Mini Pizza** Hawaiian/Meatlovers **\$3.50/\$4.50GF**

**Sausage Roll** Homemade with beef and vegetables **\$2.80**

**Garlic Bread** Individual garlic bread **\$2.50**

**Spinach and Ricotta Triangles** Homemade **\$1.00**

**Corn on the Cob** GF **\$1.00**

### SANDWICHES/TOASTIES

(White, wholemeal, Gluten Free, Wrap)

Additional extras add .50c each

**Ham & Cheese** **\$4.00/\$4.50 w salad**

**Ham, Cheese, Tomato** **\$4.20**

**Chicken and Cheese or Mayo** **\$4.00/\$4.50 with salad**

**Egg and Lettuce** **\$3.50/\$4.00 with salad**

**Salad** **\$4.00**

**Cheese** **\$3.50**

**Vegemite/Honey/Jam** **\$2.50**

**Baked Bean/Spaghetti** **\$4.00**

### WRAPS

**Chicken tender, lettuce and mayo** **\$4.00**

**Fresh chicken and salad wrap** (lettuce, carrot, beetroot, cheese, cucumber and mayo) **\$5.00**

**Ham and Salad Wrap** (lettuce, carrot, beetroot, cucumber, cheese and mayo) **\$4.50**

**Salad Wrap** (lettuce, tomato, carrot, beetroot, cheese, cucumber and mayo) **\$4.00**

### SALADS & SUSHI

**Rainbow** GF Lettuce, tomato, cucumber, beetroot, carrot, boiled egg, cheese **\$4.50**

**Rainbow with chicken or ham** GF **\$5.00**

**Sushi Roll** Teriyaki chicken, egg, lettuce, tuna & mayo (available Thursday only) **\$4.50**

### SNACKS

**Fresh piece of fruit** **\$0.50**

**Fruit leather** Homemade, no added sugar **\$0.50**

**Carrot Sticks and Dip** **\$2.00**

**Pineapple Hula Hoop** **\$1.00**

**Rice Crackers** **\$1.00/\$1.50 w cheese**

**Cookie** **\$1.00**

**Cupcake/Muffin** **\$1.00**

**Pastry Stick** **\$1.00**

**Popcorn** **\$0.50**

**Pretzels** **\$0.50**

**Rice Crackers** **\$1.00**

**Boiled Egg** **\$1.00**

**Yoghurt Cup** **\$2.00**

**Custard Cup** **\$2.00**

**Fruit Salad Cup** **\$2.00/\$3.00 w yoghurt**

### DRINKS

**Bottled water** **\$1.50**

**100% Popper Juice** **\$1.50**

**Plain Milk** **\$1.50**

**Strawberry or Chocolate Milkshake** **\$2.00**

**Banana Smoothie** **\$2.00**

**Krazy Lemon** **\$2.00**

**Peach/Raspberry Ice Tea** **\$2.00**

**Hot Chocolate** **\$2.00**

**Frozen Snacks (2nd break only)**

**Quelch Icy Pole 99% juice ice block** **\$0.50**

**Lemonade, Mango, Rainbow or**

**Chocolate Ice Blocks** **\$1.00**

**GF ice cream cup** **\$1.00**

**Extras**

**Sauce** **\$0.50**

**BREAKFAST OPTIONS** (8am-8.20am ordered at counter)

**Banana Smoothie** \$1.00 **Yoghurt** \$1.50 **Fruit** \$0.50

**Slice of toast or cereal** **\$1.00**

**FRIDAY MENU MEAL DEAL** **\$6.00**

**Chicken Burger, Hot Dog, Nuggets, Spag Bol or Mac Cheese**

**+ Cupcake, Cookie, Pastry Stick or Pretzels**

**+ Orange, apple, apple/blackcurrent juice or water**

All items subject to availability.  
Some menu items may contain traces of nuts, seeds, bee and pollen products.  
Our tuckshop provides a fantastic service to our school community and we rely on your support.