



# KIPPA RING TUCKSHOP 2020

## 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 and drink orders.

### LUNCH PACKS

**Sandwich pack** Choice of ham and cheese or chicken and mayo sandwich, piece of fruit, cheese and crackers, mini muffin, juice popper **\$7.00**

**Platter for the grazers** Cheese and crackers, veggie sticks and dip, cut up fruit, fruit leather, popper **\$5.00**

### HOT FOOD

**Spaghetti Bolognese** Homemade sauce with GF pasta **\$4.20**  
**\$4.80**

**Macaroni Cheese** Homemade cheesy sauce **\$4.00**

**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 **\$4.00/\$4.50 w salad**

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

**Hot Dog** Beef sausage, long roll with tomato/bbq sauce **\$3.00**

**Chicken Nuggets** (x4) **\$4.00**

**Chicken Tenders** 2 x crumbed chicken tenderloins (GF) **\$4.00**

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

**Sausage Roll** Homemade with beef and vegetables **\$2.50**

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

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

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

### SANDWICHES

All served on Wholemeal Bread unless specified.

Wrap add .50c Gluten Free Bread add \$1.00

Additional extras add .50c each

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

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

**Egg and Lettuce** **\$3.50**

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

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

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

### TOASTIES

All served on Wholemeal Bread unless specified.

Toasted wraps also available add .50c Gluten Free Bread add \$1.00

Additional extras add .50c each

**Chicken/Ham/Tomato and Cheese** **\$4.00**

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

### WRAPS

**Chicken tender, lettuce and mayo** **\$4.50**

**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 **\$3.50**

### 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** **\$1.50**

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

**Fruit Salad Cup** **\$2.00/\$2.50 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**

**Kool Sticks 2 flavour water ice** **\$1.00**

**Frozen Yoghurt** strawberry, raspberry, mango **\$2.50**

**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** (Veg, jam, honey, raisin) **\$1.00**

**Cereal** (2 x Weet Bix, Muesli, Rice Bubbles) **\$1.00**

**Coffee and tea available for parent** **\$3.50**

**Almond/soy milk** **+ .50c**

We encourage you to bring your own re-usable cup - any size!