

# DAILY SPECIALS

## Filling Friday

<b>Hot Dog</b>	\$2.50
<b>Hot Dog with low Fat Cheese</b>	\$3.00
Choice of BBQ, Tomato or Mustard Sauce	
<b>Mexican Wrap</b>	\$4.00
<b>Cheeky Chicken Burger</b>	\$3.50
<b>Nachos</b>	\$2.50
<b>Nachos with lite sour Cream &amp; Avocado</b>	\$3.00
<b>Low Fat Pie</b>	\$3.00
<b>Low Fat Sausage Roll</b>	\$2.00

## Refreshing Drinks

<b>Spring Water ( 500mls)</b>	\$1.00
<b>Breaker Flavoured Milk (300mls)</b>	\$1.50
<b>Moove Low Fat Flavored Milk (300ml)</b>	\$1.50
<b>Oak Flavored Milk ( 300mls)</b>	\$1.50
<b>Plain White Milk ( 600mls)</b>	\$1.20
<b>500ml Flavoured Milk</b>	\$2.50
<b>Trim Milk ( 1 Litre)</b>	\$2.00
<b>Trim Milk ( 2 Litres)</b>	\$3.50
<b>Fuze</b>	\$1.60
<b>Slush Puppy</b>	\$1.50
<b>Berri Juice</b>	\$2.00
<b>Golden Circle Fruit Poppers</b>	\$1.00
<b>Apple, Orange &amp; Apple /Blackcurrant</b>	

## Available in Second Break only

<b>Yummy Drummy's</b>	3 for \$2.00
<b>Chicken Chips</b>	5 for \$1.50
<b>Steamed Dim Sims with Soy Sauce</b>	2 for \$1.50
<b>Chicken Nuggets</b>	3 for \$1.00

## Snacks

<b>Fresh Fruit</b>	\$1.00
<b>Air Popped Popcorn</b>	\$1.50
<b>Yoghurt</b>	\$1.20
<b>Red Rock Chips ( 28g)</b>	\$1.00
<b>Sultanas</b>	50c
<b>Milo Bars</b>	\$1.00

Home Made Cakes & Slices  
also available Occasionally



## Parents , Grandparents and Care Givers

Do you have a few spare hours per week?  
Would you like to be more involved with the  
school?

Why not volunteer at the tuck shop?  
Give our friendly staff a call and find out how  
easy it is to become more involved within the  
school

### Smart Choices

- Providing a wide range of healthier freshly prepared foods.
- All foods baked or grilled and low fat , low salt products used in the ingredients
- The food provided has an overall reduction in energy and saturated fat content
- Improving Students health & well being

# Bowen High School Tuckshop Smart Choices Menu

Avoid waiting or Lining  
up for your lunch

Order it now

Come into the tuckshop between  
8– 8.40am and allow us to help

If you have a specialized dietary  
requirement, please ask as we  
can cater for this

Ring and talk to Lindy or Tracci

Tuck shop hours: Mon-Fri  
8am till 1.30pm

Phone: 4786 9841

# EVERY DAY

MAKE YOUR OWN MEGA SANDWICHES, WRAPS AND ROLLS

- Choice of Multigrain, Wholemeal or White Bread or Rolls and Wraps
- Gluten Free Bread available on Request

**Most sandwiches Rolls and Wraps are priced between \$2 (for a plain sandwich with 1 filling) to \$3.50 (for two fillings with salad)**

**You can choose Any Combo of**

**Fillings or Salad**

- |                    |           |
|--------------------|-----------|
| • Egg              | Lettuce   |
| • Ham              | Tomato    |
| • Chicken          | Carrot    |
| • Avocado          | Cucumber  |
| • Salmon & Turkey  | Beetroot  |
| ( * By order only) | Onion     |
| • Low Fat Cheese   | Pineapple |

**All Toasted sandwiches \$2.50**

Mayo, Tomato Sauce Mustard and Pickles also available

## PERFECT PASTA

**Pizza**—different varieties \$2.00  
Made to be low in fat

**Lasagna / Pasta**— varieties \$3.00  
may vary daily

# EVERY DAY

FUN AND FUNKY SALADS AWARD WINNING

**Chicken & Salad Shaker** \$2.50  
Fresh chicken, Lettuce, Carrot and Cheese with Low fat Dressing

**Caesar Salad Shaker** \$3.00  
Fresh Chicken, Lettuce, Bacon, Egg and Croutons with Caesar Dressing (\* By order only)

**Fresh Garden Salad and Cold Meat Platter** \$4.00  
Fresh Lettuce, Tomato, Carrot, Cucumber, Beetroot, Onion & cheese with your choice of Ham, Chicken, Turkey or Salmon (\*)

**Fresh Garden Salad** \$3.00  
Fresh Lettuce, Tomato, Carrot, Cucumber, Beetroot, Onion, Pineapple and Cheese with Low Fat Dressing

**Fresh Fruit Salad Shaker** \$2.50  
Freshly prepared Fruit of the Season

**Fresh Fruit Salad with Vanilla Yoghurt** \$3.00  
Freshly Fruit of the Season with Low fat Vanilla Yoghurt

## BRAINIACS BREAKFAST

**Home made muffins** \$2.00  
Ham & Cheese or Bacon & Egg on Fresh Muffin

**Raisin Bread** \$1.00  
Served with reduced fat Butter

**Chopper Bread** \$3.00  
Home made varieties available, may vary daily

**Yoghurt**—Different Flavours available \$1.50

**Fresh Fruit** (in season) \$1.00

CHOPPER BREAD IS AVAILABLE ALL DAY

# DAILY SPECIALS

## Munchie Monday

**Hot Dog** \$2.50  
**Hot Dog with low Fat Cheese** \$3.00  
Choice of BBQ, Tomato or Mustard Sauce

**Chicken & Gravy Roll** \$3.00

**Sweet Chili Chicken Flava Wrap** \$3.50

**Low Fat Pie** \$3.00

**Low Fat Sausage Roll** \$2.00

## Tasty Tuesday

**Sweet Chili Chicken Flava Subs** \$3.00

**Mad Mince Burger** \$3.50

**Home Made Fried Rice** \$3.00

**Home Made Potato Bake** \$3.00

## Whopping Wednesday

**Hot Dog** \$2.50

**Hot Dog with low Fat Cheese** \$3.00  
Choice of BBQ, Tomato or Mustard Sauce

**Sweet Chili Chicken Flava Wrap** \$3.50

**Low Fat Pie** \$3.00

**Low Fat Sausage Roll** \$2.00

## Terrific Thursday

**Sweet Chicken Chili Flava Subs** \$3.00

**Potato Wedges with Toppings** \$3.00

**Roast & Gravy Rolls** \$3.00

**Hokkien Noodles with Stir fry Veggies with Beef or Chicken** \$3.00