

How to order from the Tuckshop

- Online Tuckshop - links via School Website - see below for how to register
- Over the counter sales available for snacks ONLY



To Register

- Go to <https://www.flexischools.com.au> or download the Flexischools App on your mobile phone
- Sign up to register with your email address
- Flexischools will send you an email with a link to complete your registration. Please follow the prompts and create a password
- When you have registered please add student name, year level, class and select 'Rainworth State School'.

Healthy Eating

This menu has been developed in line with the Queensland Government's Smart Choices - Healthy Food and Drink Supply Strategy for Queensland Schools. Refer to the guide below when selecting items from the tuckshop.

😊 Green - Healthy Choice

😊 Amber - Eat in Moderation

Volunteers and Donations

The tuckshop runs with the support of volunteers so if you are able to help, please contact our Tuckshop Convenor, Claire Kendall.

Tuckshop Phone No: 3514 9409

Email: rainworthtuckshop@gmail.com

Feedback and Menu Suggestions
Always Welcome!

Tuckshop Menu



Winter Menu

Tuckshop Open:
Wednesday, Thursday, Friday
10:50am - 11:35am
1:30pm - 1:55pm

Online orders must be in no later that 8:00am

Available Wednesday, Thursday & Friday

Salads

- 😊 Basic Garden Salad
with vinaigrette.....\$4.00

Extras for Salad:

- ham, cheese, roast chicken, tuna & mayo,
egg.....0.80c



Fruit

- 😊 Fruit Cup
with 3 seasonal fruits.....\$3.50
- 😊 Apple Slinky.....\$1.50



Drinks

- 😊 Nu Pure Water.....\$1.00
 - 😊 Norco Plain Milk.....\$2.00
 - 😊 Juicee Crush.....\$2.50
 - 😊 Nippy's Chocolate Milk.....\$3.00
- Emma & Tom Juices: 250mL
- 😊 Cloudy Apple.....\$3.00
 - 😊 Berry Blast\$3.00

Snacks

- 😊 Popcorn.....\$1.00
- 😊 Hummus w/carrot sticks
& rice crackers..... \$3.50
- 😊 Snack Pack.....\$4.50
- 😊 Hard Boiled Egg.....\$1.00
- 😊 Cheese & Crackers..... \$2.00
- 😊 Home Baking.....\$1.50
- 😊 Corn Chips
w/Salsa & Cheese\$3.50

Frozen Snacks

- 😊 Pineapple Juice Ice Cube
purchased at window only.....0.50c
- 😊 Frozen Pineapple Ring.....\$1.00
- 😊 Fruit Ice Block.....\$1.50
- 😊 Bulla Frozen Yoghurt.....\$3.50

**Frozen Snacks will not be sold
after 11.20am 1st Break &
after 1.45pm 2nd Break**

GF - Gluten Free

- 😊 Healthy Choice
- 😊 Eat in Moderation

Please contact the tuckshop for
more gluten free or vegetarian
options.

Toasties - GF option available

- 😊 Cheese.....\$4.00
- 😊 Vegemite & Cheese.....\$4.20
- 😊 Ham\$4.20
- 😊 Ham & Cheese.....\$4.80
- 😊 Chicken & Cheese.....\$5.00
- 😊 Chicken, Cheese
& Pineapple.....\$5.20

Available 1st Break Only



Hot Food

- 😊 Cheesy Chicken Pockets
from Pizza Miltonio.....\$5.00
- 😊 Pizza Toastie
(Turkish Bread).....\$5.00

Available 1st Break Only



Specials

Available 1st Break ONLY

Wednesday Special

Sushi



(must be ordered by 6:00pm the night before)

- 😊 Teriyaki Chicken.....\$4.50
- 😊 Teriyaki Beef.....\$4.50
- 😊 California Roll.....\$4.50
- 😊 Avocado (V) (GF).....\$4.50
- 😊 Tuna & Cucumber (GF).....\$4.50

Thursday Special

- 😊 Butter Chicken (GF available)
w/wholegrain rice\$7.00
- 😊 Mini Naan Bread.....\$1.50
- 😊 Fish Finger Pocket.....\$5.00

Friday Special

- 😊 Penne Carbonara.....\$7.00
- 😊 Beef Burritos.....\$5.00