

How to order from the Tuckshop

- Online Tuckshop - link via School Website - see below for how to register
- Over the counter cash 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'.

NOTE: For any enquiries, please contact Flexischools customer support team on 1300 361 769 - 8am-12pm (AESDT) weekdays.

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.

Tuckshop Phone No: 3514 9409
Email: rainworthtuckshop@gmail.com

**Feedback and Menu Suggestions
Always Welcome!**

Tuckshop 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 1st & 2nd Break

Sushi

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

- 😊 Teriyaki Chicken.....\$4.00
- 😊 Teriyaki Beef.....\$4.00
- 😊 California Roll.....\$4.00
- 😊 Avocado (V) (GF).....\$4.00
- 😞 Tuna & Cucumber (GF).....\$4.00



Fruit

- 😊 Fruit Cups.....\$3.50



Drinks

- 😊 Nu Pure Water.....\$1.00
- 😊 Plain Milk.....\$1.50
- 😞 Iced Chocolate Milk.....\$2.50
- Emma & Tom Juices: 250mL
- 😞 Cloudy Apple.....\$3.00
- 😞 Berry Blast\$3.00

Snacks

- 😊 Popcorn.....\$1.00
- 😞 Home Baking.....\$1.00
- 😞 Corn Chips
w/Salsa & Cheese\$3.50

Frozen Snacks

- 😊 Pineapple Juice Ice Cube.. \$0.50
- 😊 Frozen Pineapple Ring..... \$0.80
- 😊 Fruit Ice Block.....\$1.50
- 😞 Frozen Yoghurt.....\$3.50

Frozen Snacks will not be sold
after 11:25am 1st Break &
after 1:45pm 2nd Break

Everyday Specials

Available 1st & 2nd Break

- 😊 Cheesy Chicken Pockets...\$4.80
- 😊 Hummus w/vegie sticks
& rice crackers.....\$3.50

Available Thursday & Friday ONLY

Toasties - GF option available

- 😊 Cheese.....\$3.80
- 😊 Vegemite & Cheese.....\$3.80
- 😊 Ham \$4.00
- 😊 Ham & Cheese.....\$4.50
- 😊 Chicken & Cheese.....\$4.80
- 😊 Chicken, Cheese
& Pineapple.....\$4.80



V - Vegetarian
GF - Gluten Free

- 😊 Healthy Choice
- 😞 Eat in Moderation

Please contact the tuckshop for
more gluten free options



Specials

Available 1st Break ONLY

Wednesday Special

- 😞 Pizza Toastie
(Turkish Bread).....\$4.80
- 😞 Ham & Egg Toastie
(Turkish Bread).....\$5.00

Thursday Special

- 😞 Butter Chicken (GF available)
w/wholegrain rice\$6.00
- 😞 Mini Naan Bread..... \$0.50
- 😊 Fresh Garden Salad.....\$3.00
- Extras for Salad:
ham, cheese, chicken, tuna mayo,
egg.....\$0.80

Friday Special

- 😞 Bolognese Italian Style.....\$6.00
- 😊 Fresh Garden Salad.....\$3.00
- Extras for Salad:
ham, cheese, chicken, tuna mayo,
egg.....\$0.80