

TRACK AND FIELD EVENT

21 JUNE -23 JUNE 2016

An event for our young athletes

Children doing sports can burn a lot of energy and they will be hungry afterwards and or during the sporting activity.

We are about keeping the message positive in our support for providing healthier food options. Students' can learn valuable messages about the role food plays to perform at their best both in their sport and every- day living.

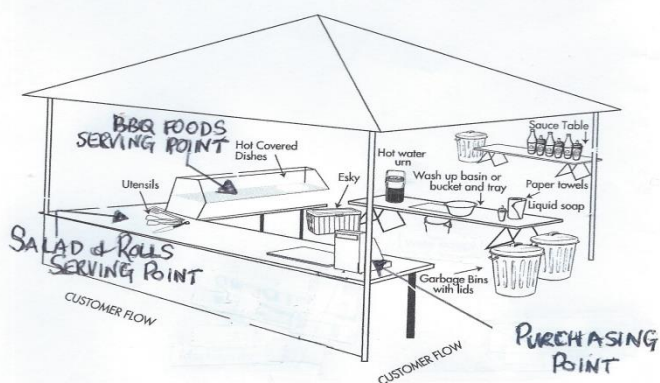
WHAT YOU CAN DO TO HELP TO MAKE THE DAY A SUCCESS

Please support our young people and families, by joining us in providing great service.

Food stall and drinks will be set up in the alcove area near the hall on the oval side of the school.

USUAL TUCKSHOP MENU NOT AVAILABLE ON THESE THREE DAYS.

TUCKSHOP WILL ONLY BE OPEN/AVAILABLE FOR STUDENTS' ON LINE ORDERS ONLY - WEDNESDAY & THURSDAY (TUESDAY CLOSED AS USUAL). PLEASE SEE NOTE AT BOTTOM ON MENU (left side).



If you wish to help out on any of these days, please complete the attached form, and return it to the school's office ASAP.

MENU

Available to all the school's community

COFFEE & SWEETS

Our sweets/savouries available from 9.30am
Wednesday & Thursday only



Grab a coffee from the van and pop over and try one of our lovely fresh treats

****Coffee for adults only****

BBQ FOODS

Available from 10.30am each day
Tuesday, Wednesday & Thursday

Burgers

Made from fresh ingredients in our tuckshop
Beef or chicken burgers \$3.50
with salad (tomato & lettuce) \$4.50

Kebabs

Chicken Kebab (honey soy on skewers) \$2.50
Pies & sausage rolls available

SNACK FOODS

Available from 9.30 am each day
Tuesday, Wednesday & Thursday

Apricot & Chocolate bliss balls .50
Jatz & cheese \$1.20
Just Popped Popcorn \$1.00
Orange wedges .20
Honey Soy Chips \$1.10

DRINKS

Available from 9.30 am each day
Tuesday, Wednesday & Thursday

Water/ Juices/ Chocolate Milk etc in various sizes

ICY TREATS

Mango & Lemon Sorbet \$3.00
Chocolate & S'Berry Moosie \$1.00

**MENU AVAILABLE ON FLEXISCHOOL ONLINE
PREP – YEAR 6 STUDENTS
BOTH BREAKS**

WEDNESDAY & THURSDAY ONLY
Available to order online from Monday 13th June
Lunch Couriers to collect orders from alcove area for both breaks.