

**Top Tuckshop Sellers**

**For the Primary School**

**Hot foods**

* toasted jaffles (popular fillings include: cheese, ham, baked beans)
* pasta type dishes (spaghetti mince and vegetables, lasagne, ravioli)
* fried rice
* hamburgers with lean mince patties and lots of salad
* chicken burger and salad
* freshly made soup (in winter)
* muffin-based pizza
* cheesy pasta (ham, cheese and vegetables mixed through pasta)
* stuffed potatoes

**Sandwiches/Wraps**

* Popular fillings include:

**Drinks**

* water
* reduced fat flavoured milk
* reduced fat plain milk
* smoothies (made on reduced fat milk)
* 100% fruit juice
* frozen 100% fruit juice cups
  + cheese and tomato
  + egg
  + egg and lettuce
  + chicken and salad
  + salad

**Salads**

* salad boxes with egg/cheese/ham/chicken

**Hot snacks**

* corn on the cob
* chicken legs marinated in honey
* freshly prepared garlic or herb bread
* raisin toast

**Cold snacks**

* frozen fruit (pineapple rings, grapes, bananas)
* apple slinkies (using an apple slinky machine)
* dried fruit packs
* fruit yoghurt
* boiled eggs
* custard
* celery boats (celery filled with peanut butter / cottage cheese)
* air popped popcorn
* cracker biscuits with cheese or vegemite



**For the Secondary School**

**Hot foods**

* pasta bolognaise
* pesto pasta bake
* lasagne
* hamburgers with lean mince patties and lots of salad
* chicken burger and salad
* cheesy pasta (ham, cheese and vegetables mixed through pasta)
* freshly made lean meat balls
* fried rice
* freshly made soup (winter)
* freshly made pizza
* nachos (using pita breads)
* stuffed potatoes

**Drinks**

* water
* reduced fat flavoured milk
* 100% juice
* frozen 100% fruit juice cups

**Sandwiches/Wraps/Foccacia**

* Popular fillings include:
  + roasted chicken and sweet chilli
  + chicken and salad
  + salad

**Salad/Sushi**

* salad boxes with egg/cheese/ham/chicken
* pasta salad
* sushi rolls with chicken / tuna / salad fillings

**Snacks**

* fruit salad
* yoghurts
* air popped popcorn
* watermelon

Further information on *Smart Choices* can be found on the Department of Education’s website <https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices>.