

School Values

**Respect
Resilience
Strive for
Excellence**

Principal: Emma Hampton
Assistant Principal Health & Wellbeing: Reachel Armstrong
Assistant Principal Curriculum: Jessica Darcy
School Council President: Scott Hanson



School Purpose

To provide an engaging, friendly, safe and supportive environment that enhances learning, personal growth and well-being of all students, enabling them to become lifelong learners.

DATES TO REMEMBER

6th August - 3-6 Athletics Carnival
 10th August - 5/6 Excursion
 17th August - Band Excursion (information to come out shortly)
 24th - 28th August - Book Week
 28th August - Book Week Parade

Principal's Report

Dear Parents and Guardians,

Welcome to our 9th newsletter and our first newsletter for Term Three!

We have had a wonderful start back to Term Three. Our students have returned with a smile and ready to go for another term of learning.

Thank you to our families who have supported our school staff during these AEU Industrial Actions. We understand the pressure that the strikes put on families and appreciate your cooperation. We have not yet been advised of any further strikes. The media reporting one for Tuesday 4th August is not accurate. The AEU need to provide 5 days notice to DET and are not meeting as a group until Friday, so this talked about strike will not be happening. I will update you as soon as possible of any future industrial action that might be happening.

As I am sure you are all aware and have experienced, traffic in the local area at the moment is difficult and heavier than normal. We have many members of the community coming down Nicholson Street to avoid the traffic on Merton Street. Please be very mindful of your child/ren when getting in and out of the car as they are travelling quickly. I have reported this to the council and police.

Our new Camp Australia leader has commenced. Her name is Matti. If you have not yet met her, pop in and say hello. We are sure that she will do as great a job as Aarti.

This week I sent out a Compass post with the opportunity to assist with our review of our school vision and values. Thank you to the 16 families who have already completed this. I would greatly appreciate you all completing the quick Google form to help us make the best decision about our current vision and values and set the direction for our school for the next 4 years at least.

Our 3-6 Athletics Carnival is on next Thursday. If you are able to assist, please email or pop in and see Mr P. The more hands we have, the better the day will be. Lets hope it's a warmer day than we have had the last couple of days!

If you are purchasing costumes for our upcoming Book Week parade, please check the information we sent out about joining Lombards fundraising efforts. We can not wait to see our students all dressed in costumes representing their favourite books!

Have a great weekend.

With thanks,

Emma Hampton

Entry and Exit Routines

Last term we had the privilege of working with an Inclusion Coach who works alongside schools on an identified need. Part of the work we undertook was to develop whole school entry and exit routines that are consistent school-wide.

Entry and exit routines are vital in creating a safe and predictable environment for our students. There are many benefits to these routines, one of which is increasing the regulation of students. When students are greeted at the door, they experience a positive start to the day while also building positive connections with their teacher.

Exit routines provide closure to the day and a calm departure from the classroom. An additional benefit is that when routines become automatic, we reduce the cognitive load for students, using less mental energy worrying about day-to-day tasks and instead increasing their overall focus.

Our teachers and students began using the routines on Wednesday. At drop-off and pickup, you will see these routines in practice. Below are the routines that are displayed in our classrooms along with visual representations of each step.



Welcome!

Entry Routine

- 1 When we hear the bell, we line up at the door. 
- 2 We greet our teacher and other students using kind words. 
- 3 We stand quietly, face the teacher and listen for their instructions. 
- 4 We walk calmly inside and organise our belongings for the start of the day. 



Goodbye!

Exit Routine

- 1 When we hear our teacher call, we stop work and begin to pack up. 
- 2 We put our own belongings away. If work is finished, we hand it in. 
- 3 We put our chairs under/up on the table and collect rubbish for the bin. 
- 4 We walk calmly to the floor space for our end of day chat. 

Miss Armstrong

Learning Intentions and Success Criteria

At AMPS, one of our key improvement priorities is strengthening the use of Learning Intentions and Success Criteria in every classroom.

A Learning Intention clearly explains what students are learning, while Success Criteria outline what successful learning looks like. These help students understand the purpose of each lesson, stay focused on the learning, and recognise when they have achieved success. After school, you may hear your child talking about what they are learning and how they know they have been successful. This helps students take greater ownership of their learning, build confidence, and reflect on their progress.

How can families support learning at home?

A simple conversation at the end of the school day can make a big difference. Instead of asking, "What did you do today?", try asking:

- What did you learn today?
- How did you know you were successful?
- Can you show me something you're proud of today?
- What was challenging, and how did you work through it?



Learning
Intention



Success
Criteria

When your child shares their success, celebrate the effort they put into meeting the success criteria. Praise comments such as, "You worked really hard to explain your thinking," or "I'm proud of how you kept trying until you met your goal," help reinforce a growth mindset and encourage children to see learning as a journey.

By working together, we can help our students become confident, reflective learners who understand not only what they are learning, but why it matters and how they can continue to grow.

Thank you for your continued partnership in supporting your child's learning.

Miss Darcy

ATTENDANCE

ATTENDANCE DATA

Every Day Counts!

At AMPS, we believe that every day counts in your child's educational journey. Attending school regularly and arriving on time are important parts of helping students learn, grow and build connections with their peers. Developing a strong attendance routine now builds excellent lifelong habits that prepare students for future success.

Just a reminder that if your child is unwell or unable to attend, please log the absence on Compass or contact the office via phone and leave a message on our dedicated absence line or email as soon as possible.

Attendance Celebrations this fortnight

Well done to the following students for having 100% Attendance!

Harper H
Maia C
Daniel Q
Michelle B
Harrison A

Thank you for your continued partnership and support in making sure your child is present and engaged, ready to thrive every single day!

CONGRATS ON TOP WEEKLY ATTENDANCE

3/4A

100%

DAILY ATTENDANCE %

Monday	88.63%
Tuesday	94.3%
Wednesday	83.41%
Thursday	94.79%
Friday	87.68%

ATTENDANCE SHOUT OUT

Well done to
Kiaan his
attendance is up
by 11.89%



TERM 3

FUNDRAISING

SWEENEY

Coming up...

- Tony's Pies
(Orders now open)

With this years fundraising efforts in combination with last years fundraising efforts we are hoping to resurface the 3-6 playground



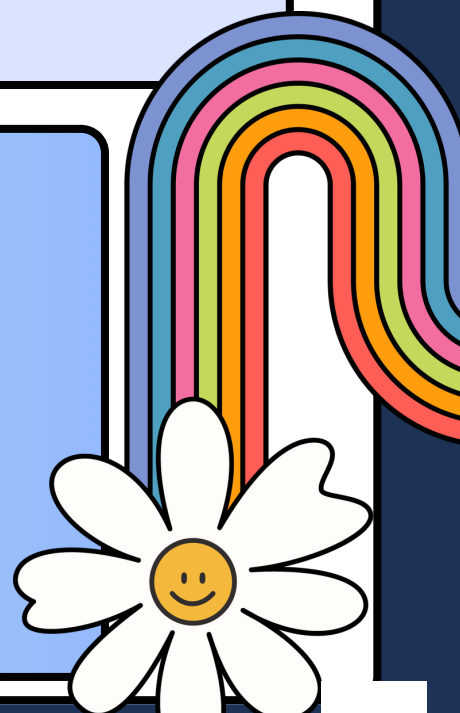
We have organised with Tony's Pies Essendon to conduct a Pie Drive. Tony's Pies will supply us with a range of their freshly baked pies, pasties, quiches and sausage rolls on Thursday 13th August 2026. All the products will be freshly baked and will be suitable to go straight into the freezer if you wish. So, order up BIG. Remember, the more you order the more we make.

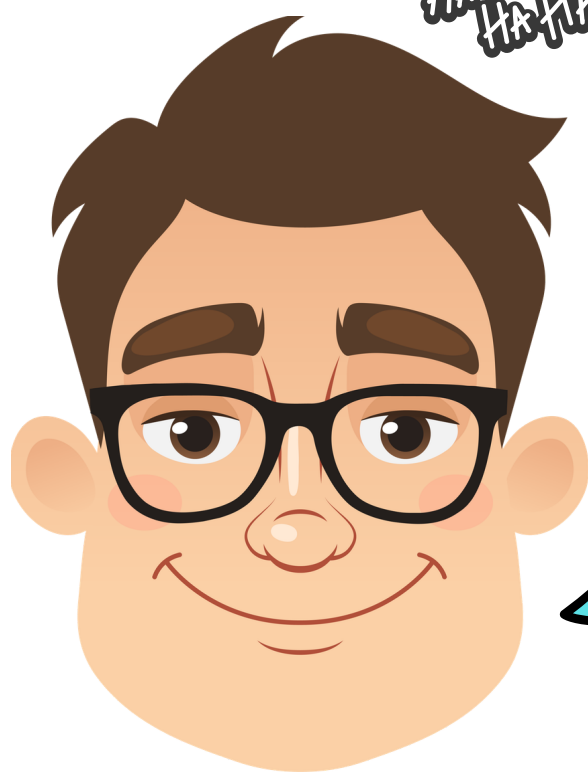
<https://tonyspiedrives.com.au/fundraiser/altona-meadows-primary-school>



Funds raised so far...

- Movie Night Fundraiser \$2102.00
- Movie Night Raffle \$605.00
- Dominos Hot Lunch \$458.00
- Easter Raffle \$555.00
- Mother's Day Stall \$719.00
- Mother's Day Raffle \$511.00
- Fish & Chips Hot Lunch \$650.45





I dont know Y



School Uniform Update

Our school uniform supplier, State Schools Relief (SSR), has rebranded its online store to Equal Threads which will continue to provide quality, affordable uniforms while supporting students across Victoria.

There's nothing you need to do. Our school uniform range, ordering process and service all remain the same. Families can continue to easily find and purchase items using the familiar 'Shop by School' option on the new website.

Every purchase made through Equal Threads helps support students experiencing disadvantage with the essentials they need to feel confident, included and ready to learn.

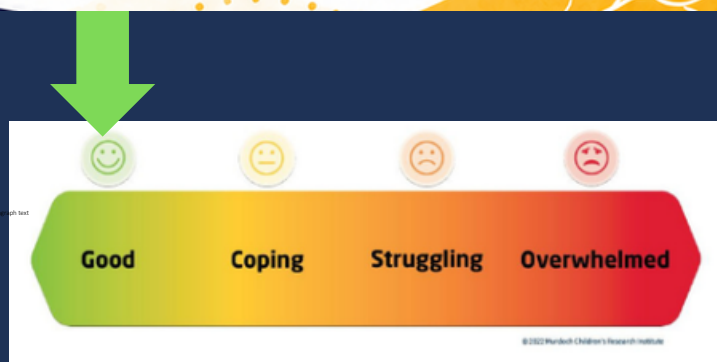


Visit the new website at
www.equalthreads.org.au or scan the QR code



Message from Mrs Van Zyl:

During Term 2's Values lessons, students were introduced to The Children's Wellbeing Continuum, where important language around mental health and wellbeing was introduced and discussed and examples provided of each zone within the continuum. This week, we will be looking at what 'good' mental health is.



What is Good Mental Health?

Good mental health doesn't mean children are happy all the time. Everyone experiences difficult emotions such as sadness, frustration, worry or disappointment. Good mental health means children are developing the skills to understand their feelings, ask for help when needed and bounce back after challenges.

Children with positive mental health and wellbeing often:

- ♥ Feel good about themselves and know they have strengths.
- ♥ Are willing to learn, have a go and keep trying, even when something is difficult.
- ♥ Build positive friendships and enjoy spending time with others.
- ♥ Recognise and manage their emotions in healthy ways.
- ♥ Stay active, eat well and get enough sleep to help their minds and bodies grow.
- ♥ Enjoy hobbies, play and activities that make them feel happy and calm.
- ♥ Believe they can solve problems, overcome challenges and learn from mistakes.
- ♥ Feel hopeful about the future and know there are trusted adults who will support them.





Remember...

Mental health exists on a continuum. Some days children may feel confident and happy, while other days they may struggle with big emotions or challenges. This is a normal part of life. With caring relationships, healthy habits and support from trusted adults at home and school, children can continue to develop the skills they need to thrive. Our goal at AMPS is to help every child build resilience, confidence, positive relationships and emotional skills so they can flourish both at school and beyond.





Key Facts

In Australia, 1 in 12 children aged 4-11 years have a diagnosed mental health disorder

20 per cent of children experience mental health difficulties that affect their daily living

The MHIPS initiative has been rolled out to more than 1800 primary schools in Victoria, and is now being piloted in Queensland

Over 95% of participants in the pilot evaluation of MHIPS Victoria agreed the initiative had increased whole-school capacity to support student mental health and wellbeing

What is MHIPS

MHIPS (Mental Health in Primary Schools) is a Victorian Government initiative that helps primary schools strengthen their whole-school approach to supporting student mental health and wellbeing.

As part of the MHIPS program, our school's Mental Health and Wellbeing Leader, Mrs Van Zyl, works alongside Mrs Armstrong and staff members to promote positive mental health, build students' social and emotional skills, support early identification of wellbeing needs, and connect families with appropriate services when required.

At AMPS, MHIPS helps us to:

- Promote positive mental health for all students.
- Teach children skills to build resilience, confidence and healthy relationships.
- Support students experiencing social, emotional or mental health challenges.
- Provide advice and resources for staff and families.
- Foster a safe, inclusive and supportive school environment where every child can thrive.
- By working together with families, we aim to support every child's wellbeing so they can learn, grow and reach their full potential.



Tips for parents to support their child's mental wellness.



As part of their inquiry, "I am, You are, We are Altona Meadows," our Prep students were lucky enough to welcome our amazing local firefighters to AMPS! 💙💛

The firefighters taught them all about staying safe in an emergency and shared some very important life-saving messages:

- 🏠 Always have a safe meeting place outside your home if there's ever a fire or emergency.
- 🔥 If there is smoke: Get down low... Go, Go, Go!
- 👕 If your clothes catch on fire: Stop, Drop, Cover and Roll!

A huge THANK YOU to our local firefighters for taking the time to visit, share your knowledge and inspire our youngest learners 🚒👮



Community NEWS





SHOTOKARATE AUSTRALIA

WANT TO LEARN KARATE?
LOOK NO FURTHER!

- Build confidence & self discipline
- Improve focus & respect
- Learn practical self defence
- Boost fitness & coordination
- Friendly & supportive environment
- Ages 5+ / All Skill levels welcome

Special OFFER **FREE TRIAL CLASS**
+ **FREE UNIFORM***
(\$80 VALUE)
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JUNIOR CLASS (6:00-7:00)
SENIOR CLASS (7:00-8:00)

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shotokarate.au@gmail.com



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FOSTER
A CHILD?**

We **URGENTLY** need **Foster Carers**
in your area. Enquire now on how
you can help change a child's life.

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Welcome back to Term 3. I hope you had an amazing holiday and found some time to relax, recharge and enjoy the things you love.

Book Club Issue 5 is on its way to schools this week. With a fresh new design, exciting offers that give back to families and plenty of affordable reads, it's an issue we're really excited to share.

There are 163 titles priced at \$10 or under, including 91 books discounted by 50% or more, making it even easier to discover great books and grow your child's home library.

Community NEWS



SUPPORT YOUR
SCHOOL LIBRARY THIS

**BOOK
WEEK**
SYMPHONY of
COSTUMES



THIS BOOK WEEK RAISE FUNDS FOR YOUR SCHOOL

Lombard will donate 5% of all costume sales
TO YOUR SCHOOL LIBRARY TO HELP SUPPORT READING AND LITERACY
SIMPLY ENCOURAGE FAMILIES TO SHOP THEIR COSTUMES AT LOMBARD

COSTUMES
FROM
\$20

6 JULY - 6 SEPTEMBER

HOW IT WORKS

- 1 Register Your School**
Join the Lombard Fundraising Club
- 2 Share With Families**
via newsletter, social media or school app
- 3 Families Shop at Lombard**
6 July - 6 Sept 2026
Parents mention the school when purchasing Book Week costumes in store.
- 4 Lombard Gives Back**
Lombard donates 5% back to your school library

WHY FAMILIES LOVE IT

- Over 1000+ costumes under one roof
- Easy and affordable shopping

WHY SCHOOLS LOVE IT

- Simple fundraising opportunity
- Supports literacy and school libraries
- No cost to participate
- Easy to promote
- Marketing material provided by Lombard
- Sales tracking managed by Lombard
- Everything ready to share with families

*Terms & Conditions apply. In store only.
See website for more details.



JOIN NOW!

LOMBARD
FUNDRAISING CLUB



SEE OUR RANGE OF
BOOK WEEK COSTUMES



SUPPORT YOUR
SCHOOL LIBRARY THIS **BOOK
WEEK**

12th Annual ALTONA BEACH SHORT FILM FESTIVAL

Fostering a vibrant creative community



Make a short film up to 7 minutes long
Send us your film! Entries Open Now
Cash Prizes awarded to the best short films

SEE WEBSITE FOR INFORMATION
CATEGORIES, CONDITIONS OF ENTRY ETC

GALA PREMIERE EVENT | SATURDAY 19 SEPTEMBER 2026

ALTONA SPORTS CLUB | 11 ALTONA ROAD, ALTONA VIC 3018

DOORS 6:00PM | SHOW 7:00PM | TICKETS AVAILABLE AT RECEPTION

TICKETS \$10 PER ADULT | \$5 PER CHILD | \$20 FAMILY (2 ADULTS + 2 CHILDREN)

altonabeachfilmfestival

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Altona Beach Film Festival

altonabeachfilmfestival.com.au

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PARENTING PROGRAMS 2026

First aid for parents and carers of young children

Hosted by Ambulance Victoria

Free
Event



Participants will gain hands-on
experience and a deeper
understanding of how to potentially
save a life in an emergency

- common medical conditions in children and how to address them
- how to find reliable information about children's Health
- where you can get help to manage non-urgent care at home
- when to call Triple Zero (000) and what to expect
- how to give CPR and use a defibrillator

THURSDAY, 20 AUGUST*

Session 1: 10.45am to 11.30am

Session 2: 11.45am to 12.30pm

Altona Meadows Library
and Learning centre
2 Newham Way, Altona Meadows

We've timed these sessions to fit perfectly around
Storytime and Babytime. Secure your spot to learn
vital first aid skills right before or straight after you
enjoy the library programs with your little ones.



Scan QR code
to register for
this FREE session

Hobsons Bay City Council is committed to being a child safe organisation and has zero tolerance for child abuse

Council acknowledges the Bunurong People of the Kulin Nation As the Traditional Owners
of these municipal lands and waterways, and pay our respects to elders past and present.



Term 3 Important Dates



6th August - 3-6 Athletics Carnival



21st July - First day of Breakfast Club



23rd July - P-2 100 Days of School Celebration



10th August - 5/6 Excursion



17th August - Anti Bullying Week



24th August - Book Week



28th August - Book Week Parade



2nd September - Father's Day Stall



3rd September - Hot Lunch Fundraiser



4th September - Father's Day Open Morning



10th September - R U Ok Day



10th September - Last Breakfast Club



18th September - Last Day of Term Three -
Students dismissed at 2:15pm

Term 4 Starts 5th October



Term 3 Assembly Schedule

24th July - Whole School (5/6A presenting)

31st July - Prep & 1/2 (1/2A presenting)

7th August - 3/4 & 5/6 (5/6B presenting)

14th August - Whole School (5/6C presenting)

21st August - Prep & 1/2 (1/2B presenting)

28th August - Book Week Parade

4th September - Fathers Day Open Morning

**11th September - Whole School Celebration
Assembly**

All assemblies will commence at 9:15am.
Weather will determine location choice of
Hall, Netball Court or Undercover area



Choose a Main Course item, then select 1 or 2 Items from the Snack/Drink Menu to make up a 2 or 3 Course Lunch Pack

Main Course Menu

BAKERY - All items freshly baked this morning!

	2 Course	3 Course
Cheese & Vegemite Scroll (M)	\$6.45	\$9.15
Savoury Bite 'Little Frank' Roll	\$6.45	\$9.15
Topped with Only Cheese Roll (M)	\$6.45	\$9.15
Cheese & Bacon Roll	\$7.45	\$10.15
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65

PIZZA / SAUSAGE ROLLS / GOZLEME / PASTIZZI / QUESADILLA / PASTIES - SERVED AT ROOM TEMPERATURE!

Ricotta & Spinach Pastizzi (2) (M)	\$8.95	\$11.65
Margherita Pizza TWIST (M)	\$9.95	\$12.65
Sausage Roll with Sauce	\$9.95	\$12.65
Margherita PITA Pizza (M)	\$9.95	\$12.65
Quesadilla (Chicken) served with Sour Cream (H)	\$10.95	\$13.65
Ham & Pineapple Pizza Slice	\$10.95	\$13.65
BBQ Chicken Pizza (H)	\$10.95	\$13.65
Pepperoni Pizza (H)	\$10.95	\$13.65
Vegetable Pastie with Tomato Sauce (H, V)	\$12.75	\$15.45
Herbed Chicken Gozleme (H)	\$13.45	\$16.15
Lamb & Beef Gozleme (H)	\$13.45	\$16.15
Mushroom & Spinach Gozleme (Vg)	\$13.45	\$16.15
Spinach & Cheese Gozleme (M)	\$13.45	\$16.15

SUSHI HAND ROLLS (2pc) - Soy Sauce (GF) Provided

Teriyaki Chicken Hand Rolls (H)	\$12.45	\$15.15
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$12.45	\$15.15
Cooked Tuna Hand Rolls (GF)	\$12.45	\$15.15
Avocado Hand Rolls (GF, Vg)	\$12.45	\$15.15
Cucumber Hand Rolls (GF, Vg)	\$12.45	\$15.15
Vegetarian Hand Rolls (GF, Vg)	\$12.45	\$15.15
Tofu Hand Rolls (GF, V)	\$12.45	\$15.15

RICE PAPER ROLLS (2pc) - (Wednesday, Thursday & Friday only)

Chicken Rice Paper Rolls (GF, H)	\$13.45	\$16.15
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$16.15

SANDWICHES / ROLLS / WRAPS / CROISSANTS / PANCAKES

Strawberry Jam Sandwich (1.5) (Vg)	\$7.45	\$10.15
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.65
Plain Cheese Sandwich (2) (M)	\$9.95	\$12.65
Simple Salad Roll (Vg)	\$9.95	\$12.65
Croissant with Ham & Cheese	\$9.95	\$12.65
Pancakes with Strawberries, Blueberries & Honey	\$10.95	\$13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Cheese & Salad Roll (M)	\$11.50	\$14.20
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$14.20
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$14.20
Chicken, Mayonnaise & Salad Roll (H)	\$12.75	\$15.45
Mexi Style WRAP w. Chicken, Salsa, Cheese, Salad, Corn Chips (H)	\$12.75	\$15.45

SALADS / PICNIC BOXES / POKE BOWLS

Fresh Fruit Salad - Main Course Size (GF, Vg)	\$11.50	\$14.20
Ham Picnic Box (GF)	\$11.50	\$14.20
Vegetarian Picnic Box (GF, V)	\$11.50	\$14.20
Greek Style Salad with Feta & Olives (GF, V)	\$12.75	\$15.45
Tortellini Pasta Salad (M) (Wednesday, Thursday & Friday only)	\$12.75	\$15.45
Poke Bowl with Teriyaki Chicken (H)	\$13.45	\$16.15

GF SANDWICHES

GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
GF Chicken (with Mayo) & Cucumber Sandwich (1.5)	\$10.95	\$13.65

Snack/Drink Menu

FRESH FRUIT & VEGETABLES

Apple pieces, Lemon juice, Cinnamon & Brown Sugar	+\$1.00
Fresh Fruit Combo	+\$1.00
Freshly Chopped Orange Segments	Included
Freshly Chopped Watermelon Pieces	Included
Whole Fruit - Apple	Included
Whole Fruit - Banana	Included
Whole Fruit - Mandarin	Included
SPC Diced Peaches in Juice	Included
Carrot, Cucumber, Red & Yellow Capsicum	Included
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Included
Corn Wheels & Lightly Steamed Broccoli	Included
Edamame (Lightly Salted)	Included

BAKERY - SWEET

ANZAC Biscuit	Included
Choc Chip Cookie	Included
Cinnamon Doughnut	Included
Cornflake Cookie	Included
Finger Bun with Sprinkles	Included
"Not Cross" Bun	Included
Blueberry Muffin	+\$1.00
Carrot Cup Cake (GF/DF/Vg)	+\$1.00
Choc Cup Cake (GF/DF/Vg)	+\$1.00
Jam Drop Biscuit (GF)	+\$1.00
Passionfruit Melting Moment Biscuit	+\$1.00
Yo Yo Biscuit	+\$1.00

SUSHI

1pc Tuna Sushi (GF)	+\$1.00
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POPCORN / HARVEST SNAPS / VEGE CRACKERS / LEGUMES / DRIED FRUIT

Popcorn - Slightly Sweet, Lightly Salted	Included
Popcorn - Lightly Salted	Included
Harvest Snaps (GF/DF/Vg)	Included
Salt & Vinegar Vegie Crackers (GF/DF/Vg)	Included
Lime & Black Pepper Chickpeas	Included
Roasted Chickpeas	Included
Balsamic & Sea Salt Fava Beans	Included
Dried Pineapple Pieces by "Peels"	+\$1.00

DIPS WITH MINI RICE CAKES / CORN CHIPS

Avocado Dip with Mini Rice Cakes	+\$1.00
Spicy Capsicum Dip with Mini Rice Cakes	+\$1.00
Spring Onion Dip with Mini Rice Cakes	+\$1.00
Tzatziki Dip with Mini Rice Cakes	+\$1.00
Corn Chips with Salsa (GF)	+\$1.00
Mango Chutney with Vegie Chips (GF, Vg)	+\$1.00

YOGHURTS / BOWLS / CUPS

Raspberry Jelly Cup	Included
Strawberry Yoghurt (Dairy Farmers)	+\$1.00
Vanilla Yoghurt (Dairy Farmers)	+\$1.00
Stewed Rhubarb and Apple Crumble	+\$1.00

DRINKS

Apple Juice	Included
Blackcurrant & Apple Juice	Included
Orange Juice	Included
Chocolate Milk	Included
Strawberry Milk	Included
Full Cream Milk	Included



ORDER NOW

GF = Gluten Free, DF= Dairy Free, H= Hala!, V= Vegetarian, Vg= Vegan

Descriptions, dietary and allergen information available on our website.

www.classroomcuisine.com.au

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food delivered
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hot & cold lunch
packs to cater to all
dietaries!**

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