

# A

## Breads & cereals



Flat bread/roti/chapati



Sandwich  
with lean meat or  
cheese and salad  
vegetables



Plain crackers



Rice cakes  
(no added salt/  
flavouring)



Noodles with  
vegetables



Rice with  
vegetables



Rice paper rolls



Sushi



Cooked pasta with  
vegetables

## Fruits & vegetables

# B



Fresh fruit



Tins and tubs of fruit  
in natural juice



All vegetable types



# C

## Reduced fat dairy, meat & alternatives



Milk



Yoghurt



Feta/paneer



Tofu



**A + B + C + D**  
= Healthy Lunchbox



Tip: Pack a  
frozen ice brick  
to keep food  
at safe  
temperatures

## Snacks

# D



Dried fruit



Pikelets



Plain rice  
crackers



Cheese &  
crackers



Tuna



Hard  
boiled eggs



Falafel



Cheese



Water



Dips - tzatziki,  
hummus



Plain popcorn



## What's on the menu in WA school canteens?

<b>GREEN - FILL THE MENU</b> <b>Minimum 60%</b> Encourage and promote <b>EVERYDAY</b> choices	<b>AMBER - SELECT CAREFULLY</b> <b>Maximum 40%</b> Do not let these foods dominate the menu and choose small serves	<b>RED — OFF THE MENU</b>  <b>NOT AVAILABLE</b>
<ul style="list-style-type: none"> <li>• Cereal foods — wholegrain cereals, pasta, noodles, rice, cous cous, quinoa</li> <li>• A variety of bread types including wholegrain/ wholemeal</li> <li>• Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings )</li> <li>• Fruit, fresh and frozen, whole, fruit salad, sliced fruit</li> <li>• Fruit canned in natural juice</li> <li>• A variety of sandwich/roll fillings, preferably served with salad e.g. <ul style="list-style-type: none"> <li>- egg</li> <li>- reduced fat cheese</li> <li>- tuna, canned in spring water or brine</li> <li>- lean meats i.e. roast beef</li> <li>- yeast spreads</li> <li>- hummus</li> </ul> </li> <li>• Lean meats, fish, poultry</li> <li>• Meals<sup>#</sup>, especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls</li> <li>• Reduced fat dairy products including: <ul style="list-style-type: none"> <li>- plain milk</li> <li>- flavoured milk (375mL or less)</li> <li>- cheese</li> <li>- plain and flavoured yoghurt</li> </ul> </li> <li>• Plain water</li> <li>• Plain mineral water</li> </ul>	<ul style="list-style-type: none"> <li>• Savoury breads such as garlic, herb and pizza bases</li> <li>• Reduced fat pastry items<sup>#</sup></li> <li>• Frankfurts and sausages for hot dogs and/or sausage sizzles<sup>#</sup></li> <li>• Savoury commercial products, e.g. fish, chicken, potato portions, pizza<sup>#</sup></li> <li>• Hamburger patties<sup>#</sup></li> <li>• Processed meat e.g. ham, skin-free processed chicken</li> <li>• Assorted cakes/biscuits or muffins<sup>#</sup></li> <li>• Sweet and savoury snack foods<sup>#</sup></li> <li>• Plain dried fruit</li> <li>• Ice creams and icy poles<sup>#</sup></li> <li>• Reduced fat flavoured milk (more than 375mL &amp; less than 600mL)</li> <li>• High schools only: reduced fat coffee flavoured milk (375mL or less)</li> <li>• Full fat dairy products e.g. plain milk, yoghurt, cheese</li> <li>• Full fat flavoured milk (375mL or less)</li> <li>• 99% fruit juices (250mL or less) and no added sugar</li> <li>• Dairy desserts<sup>#</sup> e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient)</li> </ul> <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> <li>• Full-fat pastry items</li> <li>• Deep fried food of any description</li> <li>• Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles</li> <li>• High fat sandwich meats including polony and salami</li> <li>• Confectionery (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies)</li> <li>• Sweet or savoury snack items that do not meet the criteria e.g. potato chips</li> <li>• Soft drinks, cordial, sports drinks</li> <li>• Reduced fat flavoured milk (more than 600mL)</li> <li>• Reduced fat coffee flavoured milk drink (more than 375mL)</li> <li>• Full fat coffee flavoured milks all sizes</li> <li>• Full fat flavoured milk (more than 375mL)</li> <li>• High caffeine drinks (e.g. drinks containing Guarana)</li> <li>• Chocolate coated and premium style ice-creams</li> <li>• Desserts: jelly; jelly with fruit; dairy desserts high in energy</li> <li>• Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices</li> <li>• Fruit juice (more than 250mL) and/or with added sugar or sweetener</li> <li>• Water flavoured with fruit juice, sugar and/or sweetener</li> </ul>

<sup>#</sup>Only those meeting FOCiS/Star Choice™ nutrient criteria