



Menu Review Guide

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Canteens have an important role in creating a healthy food environment in schools. Canteen should offer and promote a variety of healthy food and drinks. Using of seasonal produce will add variety and ensure canteen made items are fresh, tasty, nutritious and within budget.

The Department of Education's Student Health in Public Schools policy, and [Appendix B Healthy Food and Drink](#) is based on a traffic light system, underpinned by the Star Choice Nutrient Criteria.

Simply follow this step by step guide to review your school canteen menu to ensure it meets all policy requirements and offers a wide range of healthy choices.

To assist menu planning, use the products listed in the [Star Choice™ Buyer's Guide](#) and access tasty colour coded [recipes](#) on the WASCA website.

1

STEP 1 – Identify any red items, they should be removed

Red food and drinks are 'off the menu' in WA school canteens

Examples include, but are not limited to:



- Full fat pastry items; deep fried foods
- Jam, chocolate spread, honey and confectionary sprinkles
- High fat sandwich meats such as polony and salami
- Confectionery including chocolate, liquorice, cough lollies, fruit juice jellies/jubes
- Fruit canned in syrup
- Savoury snack items e.g. crisps and chips
- Desserts: chocolate coated and premium style ice-creams; jelly; jelly with fruit
- Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices
- Fruit juice larger than 250mL and/or with added sugar or sweetener
- Water flavoured with fruit juice and/or sweetener
- Soft drinks, cordials, sports drinks, high caffeine (energy) drinks.

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STEP 2 – Identify items categorised as green

Green food and drinks should make up at least 60% of the menu

- Display green food and drinks in a prominent position
- Water is the best drink for health and hydration. Make sure that tap water is clean, safe, free, always available, and easy to access
- Cereal foods
 - wholegrain cereals, pasta, noodles, rice, cous cous, quinoa
- A variety of bread types including wholegrain/ wholemeal
 - sandwiches, rolls and wraps (note, fillings may change the traffic light code)
 - offer a variety - egg; reduced fat cheese; tuna, canned in spring water or brine; lean meats i.e. roast beef ; yeast spreads; hummus
 - cheesies made with reduced fat cheese; add baked beans, tomato, chicken
- Vegetables and legumes
 - stuffed potatoes, corn-on-cob, baked beans, 4 bean mix,
 - salads - garden salad, potato salad, coleslaw (using reduced fat dressings)
 - vegetable sticks
- Fruit
 - fresh and frozen
 - fruit salad, sliced fruit
 - fruit canned in natural juice
- Lean meats, fish, poultry
- Meals#
 - especially those with vegetables
 - pasta bake, curry and rice, frittata, soup
 - sushi, rice paper rolls
 - burger with salad
- Savoury snacks e.g. rice cakes, plain air-popped popcorn
- Reduced fat dairy products e.g. yoghurt
- Water, plain or carbonated
- Plain reduced fat milk
- Flavoured reduced fat milk, up to 375mL



#must meet nutrient criteria



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STEP 3 – Identify items categorised as amber

Amber items should make up 40% or less of the menu

There are **two** types of amber items:

1. Amber savoury commercial products

Such as pastries, crumbed chicken products, frankfurts and sausages, burger patties, potato products, pizzas that meet the Star Choice nutrient criteria



- Available no more than 2 days per week
- Burgers and wraps containing processed meat and chicken products are amber. When served with at least three vegetables/salad items (e.g. lettuce, tomato and carrot), burgers and wraps are green
- Items such as crumbed chicken nuggets or fish are amber. When served in a meal with at least three vegetables/salad items they are green.

Check the recess menu:

- Does the canteen sell amber savoury commercial items? If so, they must be restricted to no more than two days
- If the menu lists a range of items – include a statement in the recess section that says ‘selection varies daily’
- However, these items are not generally recommended at recess as it is not ideal to consume an amber savoury commercial item (e.g. chicken nuggets) at recess followed by another amber item at lunch (e.g. pastry)
- Drinks categorised as amber (e.g. 99% fruit juice 250mL) included in a meal deal/combo make that meal amber.

2. ‘Other’ amber items

Such as drinks and snacks e.g. 99% fruit juice, muffins, small biscuits, ice cream, custard, full fat dairy, processed meat (ham and chicken), large reduced fat flavoured milk, small coffee flavoured milk drinks (high school only), savoury snacks, dried fruit



- Must be either registered (listed in the Buyer's Guide) or meet the nutrient criteria
- Limited in availability to recess OR lunch, not both
- Processed meat such as ham; diced chicken (e.g. 1kg packs)
 - A plain ham or chicken sandwich is amber; preferably wholegrain bread
 - A ham or chicken sandwich made with salad and/or reduced fat cheese is green; preferably wholegrain bread
 - Note: if you make plain, poached chicken in the canteen i.e. no added salt or fat, it is green.

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STEP 4 – assessing the menu

Policy compliance requires the menu to offer 60% or more green; 40% or less amber

1. Count the total number of items available

- *Note: do not include flavours of drinks
e.g. water, choc milk, strawberry milk, banana milk, apple juice, orange juice
= 2 green items and 1 amber item
(NOT 4 green and 2 amber).*
- *Count the type of sandwich fillings once, add one extra for bread varieties
e.g. 10 fillings plus 1 for rolls and 1 for wraps = 12 total*

2. Count the total number of green items

3. Calculate the percentage:

$$\text{Green items / Total items} \times 100 = \% \text{ green items}$$

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Greening up the menu

Try these ideas to increase the percentage of green items on the canteen menu



- Add at least three salad items to wraps and burgers
- Reduce the selection of drinks and ice creams
- Add a variety of reduced fat dairy items
- Add vegetable options; vegie sticks with dip, stuffed spuds
- Add soups; salad; fruit salad; and whole fruit
- Make pizzas on bread bases rather than pizza bases; preferably wholegrain
- Change the menu seasonally to increase variety
- If selling chicken strips/nuggets (or similar) team with a small salad.



1 x chicken strip

+



Small salad

=

GREEN