





Nutrition Guidelines for School Breakfast Programs

<p> Cereals recommended</p> <p>Porridge Wholemeal, high fibre white or multigrain toast Wholegrain cereals served with reduced fat milk, eg: Rolled oats, All Bran, Sultana Bran, Sports Plus Lite, Just Right, Weeties, Oat Flakes, Weetbix, Vitabrits, Fruity-Bix, Mini Wheats, Light 'n' Tasty, Untoasted muesli, Lite Start, Crisp and Crunchy</p>	<p> Cereals not recommended</p> <p>Cereals high in added sugar, salt and/or fat and low in fibre, eg: Cornflakes Coco pops Nutrigrain Rice bubbles Fruit loops Toasted muesli</p>
<p> Breads recommended</p> <p>Multigrain, Wholemeal, Rye, High fibre white eg. Territory High Fibre Damper Pita bread</p>	<p> Breads not recommended</p> <p>White bread</p>
<p> Other breakfast foods recommended</p> <p>Boiled, poached or scrambled eggs Baked beans/ spaghetti Custard or yoghurt Fresh, frozen, dried or canned fruit (no added sugar) Canned meat and vegetable meals (no pastry) eg braised beef and vegies English muffins Fruit bread/ muffin Raisin toast with thin spread margarine Pancakes, pikelets or damper + spreads (see below) Toast with spreads (see below) Creamed rice Cheese sticks Scones (fruit, cheese or pumpkin)</p>	<p> Other breakfast foods not recommended</p> <p>Hot dogs All pastries (pies, pasties and sausage rolls) Cheese burgers Microwaveable meat rolls Frozen pizzas Chicken nuggets 2 minute noodles Deep fried food of any description eg. dim sims, chips, fish, chicken, chicko, spring rolls Tinned pies Packet chips Muesli bars Sweet biscuits High fat savoury biscuits All chocolates All lollies Cakes/ muffins</p>
<p> Spreads recommended</p> <p>Yeast extract spreads eg Vegemite, Marmite, Promite Peanut butter (be aware of children with allergies) Margarine Tomato Banana Baked beans/ spaghetti Creamed corn + cheese</p>	<p> Spreads not recommended</p> <p>Honey Jam Chocolate/ hazelnut spreads Butter</p>

 Drinks recommended	 Drinks not recommended
<p>Water (bottled, tap, plain mineral) Plain milk Banana/fruit smoothie (no added sugar/honey) Milo/Ovaltine/Actavite made with milk (no sugar) 100% fruit juice (no added sugar) – maximum serve 250mL Flavoured milk – maximum serve 300mL</p>	<p>Iced coffee All soft drinks (including diet and fruit based) All sports drinks All energy drinks (ie. those containing guarana and caffeine) All cordial Flavoured mineral water Fruit juice drinks Coffee Tea</p>

NOTE: For school-aged children it is preferable to use reduced fat milk and dairy products, where possible.

Suggested supporting resources

Tastes Good is Good - A pictorial, step-by-step recipe book ideal for community based programs. Available from Nutrition contacts (see below).

Tummy Rumbles: Guidelines for Remote Area Canteens - Detailed guidelines for remote area canteens, including recipe suggestions, menu planning guidelines and hygiene recommendations. Based on the Aboriginal and Torres Strait Islander Guide to Healthy Eating. Available from Nutrition contacts (see below).

Deadly Tucker - A pictorial, step-by-step recipe book ideal for community based programs. Available from WA Department of Health (Ph) 08 92241625.

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