

### **Nutrition Guidelines for School Lunch and Snack Programs**

Lunch should include a combination of lean meat or meat alternative, vegetables/ salad and a cereal component (rice/ pasta/ noodles/ bread/ damper etc). All salad and vegetables are suitable, including fresh, frozen and canned varieties.

# Meat and meat alternatives recommended

Lean meat (remove fat)

Lean chicken (no skin)

Lean leg/shoulder ham

Kangaroo

Tinned fish in brine or spring water (tuna, salmon, sardines, herring)

Oven baked fish

Boiled or poached eggs

Baked beans

Legumes (lentils, chick peas, kidney beans)

Cheese, preferably reduced fat

Canned meat and vegetable meals (no pastry)

# Meat and meat alternatives not recommended

Tinned corned beef eg. Hamper

Devon, fritz, salami

Sausages

Hot dog sausages

Chicken loaf



#### **Breads recommended**

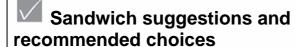
Multigrain, Wholemeal, Rye, High fibre white eg. Territory High Fibre

Pita bread



#### **Breads not recommended**

White bread



Lean meat (see meat and alternatives above) + salad

Tuna, salmon or sardines + corn or salad

Beef + pickle + cucumber

Sardines/ herring + tomato

Egg (mashed, curried, sliced) + lettuce

Ham + cheese + tomato

Ham + cheese + pineapple

Peanut butter + grated carrot + sultanas or salad

Cheese + grated carrot + lettuce + sultanas

Banana + sultana + peanut butter

Yeast extract spreads eg Vegemite, Marmite, Promite

Yeast extract spread + reduced fat cheese

Salad - lettuce, carrot, tomato, cucumber, beetroot, corn etc.

# Sandwiches not recommended

Sausage

Fritz, devon, salami etc

Jam

Honey

Chocolate or hazelnut spreads



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### Sandwich suggestions and recommended choices

Cheese sticks wrapped in bread with a yeast extract spread

Chicken (skin removed) + lettuce + mayonnaise

#### Jaffle/Toasted sandwiches

Baked beans + cheese

Canned spaghetti + cheese

Savoury mince + vegetables

Ham + cheese + tomato

Ham + cheese + pineapple

Ham + cheese

Ham + cheese + sweet corn

Sardines + tomato

Tomato + cheese

Egg + vegetables

Tuna + cheese/cheese spread + corn

kernels/creamed corn

Stew + egg

Grated vegetables + cheese

Corn kernels + tomato + skinless chicken

Apple (canned or stewed) + sultanas + cinnamon

Banana + sultanas + coconut

Banana + pineapple + coconut



#### Hot foods recommended

Pasta with meat sauce + vegetables

Mince, vegetables and rice

Spaghetti bolognaise or chilli con carne + vegetables

Chicken, beef or lamb stew (with plenty of veges) + rice

Baked potatoes with fillings like mince, cheese, corn, baked beans or coleslaw.

Pizza with lots of vegetables and small amount of reduced fat cheese

Canned meat + vegetable meals eg. Irish stew

Fried rice with egg + vegetables

Quiche + salad

Tuna pasta bake + vegetables

Baked beans + multigrain bread

Spaghetti + grated reduced fat cheese + diced tomato

Hamburgers with salad



## Hot foods not recommended

Hot dogs

Pastries eg. 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 or spring rolls

Tinned pies



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#### Hot foods recommended

Fish burgers – grill fish fingers and serve in bread with tomato + lettuce + cucumber+ mayonnaise.

Lasagne + salad

Soup eg. Creamy Chicken, Pumpkin Soup,

Country Cuppa + damper

Cheesies (bread, rolls, muffins or damper topped with reduced fat melted cheese)

Savoury Mince Rolls

Meat Loaf

Frittata



#### Snacks recommended

#### **Savoury Snacks**

Creamed corn in a cup

Vegetable sticks – can be served in a cup, with low fat dip in the bottom

Hot corn on the cob

Crunchy peanut dogs – celery stick and peanut butter in a slice of bread

Cheese sticks

Baked beans in a cup

Boiled egg

Rice cakes/crackers/low fat savoury biscuits eg. Vita-Weats, Kavli, Ryvitas or Cruskits, Premium, Salada. Vitawheat

Wholegrain breakfast cereals in ready to eat packets eg. Sustain, Sultana Bran, Weeties, Mini Wheats, Fruity-Bix and Sports Plus

Popcorn, no added fat and salt

Yeast extract spread + cheese stick in bread Damper/crumpets/ English muffins topped with favourite spreads eg. peanut butter, melted cheese and tomato

#### **Sweet Snacks**

Fresh fruit served whole, sliced or in fruit salad – can be served with yoghurt.

Frozen fruit eg. orange quarters, frozen grapes, banana on a stick (plain or rolled in orange juice and coconut).

Dried fruit eg Sultana packs

Fruit bread/ buns with a thin spread of margarine Tinned fruit/fruit in plastic tubs (in natural juice/unsweetened) – can be served in a cup, topped with yoghurt or custard



#### **Snacks not recommended**

Packet chips

Muesli bars

Sweet biscuits

High fat savoury biscuits

All chocolates

All Iollies

Cakes

Icy poles

Ice creams



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#### Snacks recommended

Frozen ice cups made from 100% fruit juice + tinned fruit

Yoghurt – fruit or plain. Try freezing.

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Custard

Creamed rice

Milo/Ovaltine icy-poles/cups

Damper and pikelets

Scones (fruit, cheese or pumpkin)



#### **Drinks recommended**

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



## Drinks not recommended

Iced coffee

All soft drinks (including diet and fruit based)

All sports drinks

All energy drinks (ie. those containing guarana or caffeine)

All cordial

Flavoured mineral water

Fruit juice drinks

Tea/Coffee

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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