







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.

<p> Meat and meat alternatives recommended</p> <p>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)</p>	<p> Meat and meat alternatives not recommended</p> <p>Tinned corned beef eg. Hamper Devon, fritz, salami Sausages Hot dog sausages Chicken loaf</p>
<p> Breads recommended</p> <p>Multigrain, Wholemeal, Rye, High fibre white eg. Territory High Fibre Pita bread</p>	<p> Breads not recommended</p> <p>White bread</p>
<p> Sandwich suggestions and recommended choices</p> <p>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.</p>	<p> Sandwiches not recommended</p> <p>Sausage Fritz, devon, salami etc Jam Honey Chocolate or hazelnut spreads</p>



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



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 lollies
Cakes
Icy poles
Ice creams

 <p>Snacks recommended</p> <p>Frozen ice cups made from 100% fruit juice + tinned fruit Yoghurt – fruit or plain. Try freezing. Fromaige Frais eg. Fruche, Petit Miam Custard Creamed rice Milo/Ovaltine icy-poles/cups Damper and pikelets Scones (fruit, cheese or pumpkin)</p>	
 <p>Drinks recommended</p> <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>Drinks not recommended</p> <p>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</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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