

APPENDIX C WHAT'S ON THE MENU

What's on the menu for WA public schools

The table below provides examples of GREEN, AMBER and RED foods under the 'traffic light' system for public schools. This is not the entire list of available food or drinks.

Nuts and nut spreads do not appear in the table. Schools are advised to refer to the Department's *Student Health Care* policy and the *Anaphylaxis Management Guidelines for Schools* from the Department of Health before deciding whether or not to include nuts and nut spreads on the canteen/food service menu.

GREEN	Examples
Fill the menu	
Breads	A variety of bread types
Cereal foods	Wholegrain cereals, pasta, noodles, rice
Vegetables	Vegetables and salads (reduced fat dressing only), all salad mixtures
Fruit	Fresh, frozen and tinned (in natural juices)
Legumes	Tinned (e.g. bean mix, kidney beans), cooked
Reduced fat dairy products	Reduced fat: milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese
Lean meat, fish, poultry and alternatives	All lean meats, chicken (no skin) or registered meats,* fish (e.g. tuna, salmon, sardines), and egg
Sandwich fillings	All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hommos, vegemite, yeast spreads and fish spreads*
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, rice, soups, toast, English muffins, crumpets (wholemeal), raisin toast and meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Reduced fat yoghurt and cheese sticks, scones, raisin or fruit bread, pikelets, bread sticks bruschetta, water crackers, rice cakes, rice crackers, popcorn (plain/low fat/flavoured), dried fruit, seed packs, trail mix based on breakfast cereals, registered snacks
Drinks	Water, plain mineral water, reduced fat milk, fresh fruit milkshakes, soy and 100% fruit juice (small size)
AMBER	Examples
Select carefully and limit	
Breakfast cereals	Refined cereals with added sugar
Full fat dairy foods	Milk, yoghurt, custard, low fat dairy desserts and cheese
Savoury commercial products#	Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Snack food bars	Registered products such as breakfast bars, cereal bars and fruit bars*
Savoury snacks	Registered products such as oven baked vege chips, garlic or herb bread (lightly spread)*
Cakes, muffins and sweet biscuits	Registered products such as cakes, muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour)*
Ice-creams, ice blocks, fruit based ice poles, slushies	Registered ice-creams, milk based ice confectionery, frozen yoghurts and rice cream*
Drinks	Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials
RED	
Off the menu	
Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks and mineral waters flavoured with sugar, high caffeine drinks (e.g. drinks containing guarana)
Confectionery	All types, caramelised popcorn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice-creams	Chocolate coated and premium ice-creams
Sandwich fillings	Honey, jam, chocolate spreads, confectionery sprinkles
Cakes, muffins and sweet pastries	Croissants, doughnuts. Cream filled buns/cakes, sweet pastries, slices

* Meets the criteria for StarChoice registration.

To be offered a maximum of two occasions per week.