

## What's on the menu for WA school canteens

Note:

**The table below outlines examples of foods labelled 'green', 'amber' or 'red' under the new traffic light system for WA school canteens. This is not the entire list of available foods.**

Nuts and nut spreads do not appear in the table. Schools are advised to refer to the Department of Education and Training's School Health Policy and Anaphylaxis Advice Paper before deciding whether or not to include nuts and nut spreads on the canteen menu.

<b>GREEN – Fill the menu</b>	<b>Examples</b>
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 (eg 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 (eg 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	Yoghurt, scones, raisin or fruit bread, pikelets, cheese sticks, 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, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water
<b>AMBER – Select carefully and limit</b>	<b>Examples</b>
Breakfast cereals	Refined cereals with added sugars
Full fat dairy foods	Milk, yoghurt, custard, low fat dairy desserts and cheese
Savoury commercial products	Registered products such as oven-baked fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Snack foods 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 icepoles, slushees	Registered ice-creams, milk based ice confectionary, frozen yoghurts and rice cream *
Drinks	Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials

<b>RED – Off the menu</b>	<b>Examples</b>
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 (eg 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, confectionary sprinkles
Cakes muffins, sweet pastries	Croissants, doughnuts, cream-filled buns/ cakes, sweet pastries, slices

\* Meets the criteria for Star Choice registration.