READY RECKONER

OF COMMONLY SOLD FOODS IN SCHOOL CANTEENS

Using the Ready Reckoner

These tables will provide you with a guide to foods commonly sold in the school canteen, and the segment of the *Canteen Menu Planner* (see page 6) they are most likely to fit into. Where there are two colours shown, this indicates that brands or varieties of foods in this category differ and may fit into one or other of the segments shown.

To help you find your way around the Ready Reckoner look at the index below.

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FOODS	LIKELY PART OF THE FOOD SPECTRUM			COMMENTS
	See the NSWSCA Buyers Guide for better choices			
	GREEN	AMBER	RED	
Breads and alternatives Select a variety of different breads, preferably wholegrain. See page 8 for a list of different breads.	■			Breads can be used in a variety of different ways for snacks and/or main meal choices in the school canteen. Choose a variety of breads to add interest to your canteen menu. Toasted breads/jaffles served with fillings are a tasty alternative to sandwiches. They are often popular winter foods. Rolls can be split, have reduced fat cheese added, wrapped in foil and heated in the food warmer. Some rolls can be purchased already made up. Bread cases can be filled with similar fillings to the baked potatoes.
■ raisin and fruit bread	■			Toasted raisin/fruit bread or buns are often popular as snack foods.
■ buns, finger buns, scones - sweet or savoury	■	■		
■ rice and corn cakes	■			Rice corn cakes can be served with interesting vegetable toppings.
■ garlic bread	■	■		Can be high in saturated fat, sodium and kilojoules. To make your own, lightly brush with olive oil and crushed garlic **Tip!** Make sure you can see the bread through the spread.
Rice & noodles				Plain rice and noodles are in the GREEN segment. Rice and noodle based dishes can be high in sodium and saturated fat. Choose reduced fat and salt reduced versions. Check against RED criteria.
■ fried rice	■	■	■	
■ stir fried noodles	■	■	■	
■ hot noodle cups	■	■		
■ sushi	■	■		
Breakfast cereals	■	■		Choose wholegrain cereals, wholewheat flake and puffed cereals, porridge, and wholewheat breakfast biscuits. These fit into the GREEN segment. Serve with reduced fat milk. Refined cereals are likely to be in AMBER.

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	GREEN	AMBER	RED	
Fruit ■ fresh ■ frozen ■ canned ■ dried ■ leathers	■ ■	 ■		Any fresh fruit in season – whole, sliced, cubed, wedges, quarters, spirals (eg apple slinkies can be made using a special peeling and slicing machine). Fruit salad with a mixture of interesting fruit, served cold is a refreshing alternative. A scoop of reduced fat ice cream, a dollop of custard, yoghurt or fromage frais can add interest and variety. Choose fruit leathers with >95% dried fruit content. Fruit leathers/bars with <90% fruit should be assessed under snack food bars.
Vegetables ■ baked potatoes ■ corn on the cob	■			Baked potatoes can be cooked in their skins, split and filled with choices of sandwich fillings; they can also be filled with creamed corn, tabouleh, savoury mince or baked beans topped with cheese. Bread cases can also use these fillings.
Legumes ■ baked beans ■ lentil patties ■ falafels	■	 ■		Baked beans can be used in sandwiches and jaffles as a meat alternative. Choose salt reduced varieties. Lentil patties and falafels can be used in rolls and sandwiches or served with salads.
Salads ■ garden/mixed ■ pasta/rice ■ potato ■ tabouleh ■ coleslaw	■	■		These salads could be served as a salad plate, box or tub. Lean meats, chicken, tuna or reduced fat cheese add protein and variety. Salads dressed with lots of oil and mayonnaise will fit into AMBER. Select the dressing carefully – a no oil or reduced oil dressing is preferable.
Soups ■ canned ■ commercially prepared ■ canteen made	■	■		Soups are a great winter food. Soups either made in the canteen (eg pumpkin, vegetable) or produced from low salt commercially prepared soup mixes can be sold in cups with a bread roll or bread stick (grissini). If serving soup to younger children, stand and allow to cool slightly before serving for safety reasons.
Dairy foods ■ yoghurt ■ custard ■ cheese ■ fromage frais ■ milk	■ Reduced Fat	■ Full Fat		Children and adolescents of school age do not need the full fat varieties of these products. The reduced fat versions should be encouraged. Yoghurt – plain and fruit varieties and custard can be frozen in summer and sold as a snack. Fromage frais – reduced fat fruit or vanilla. See drinks.

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	GREEN	AMBER	RED	
Meat/fish/poultry (not crumbed) & alternatives				
■ lean meats (eg roast beef)	■			These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates, pizza topping etc.
■ lean chicken meat (no skin)	■			
■ turkey	■			
■ egg (hard boiled then mashed or sliced)	■			
■ fish (eg tuna or salmon in spring water, sardines)	■			
■ nuts	■			Check the school policy regarding the use of nuts.
■ ready to eat curries, stroganoff, stew type products	■	■	■	Serve with rice, pasta or grain such as cous cous.
■ meat pattie (not crumbed)		■	■	Some of these products will fit into the RED segment. Check labels carefully. These products are usually used to make the following items in the canteen:
■ fish pattie		■	■	
■ char-grilled chicken fillet		■	■	
■ chicken drumsticks		■	■	– burgers
■ meat balls		■	■	– kebabs
■ pork spare ribs		■	■	– burritos and tacos
				– focaccias
				– served with a salad
				For a healthy and filling meal serve all of the above with salad.
				Burritos and tacos (fill with reduced fat savoury mince and kidney beans, salad and reduced fat yoghurt; chicken burritos are a tasty alternative).
Spreads		■		
■ peanut butter and other nut spreads, fish, chicken and meat paste, yeast spreads, honey, jam.				Check the school policy regarding the use of products containing nuts especially if using satay or peanut sauces.
				Use sparingly. Choose reduced salt varieties where available.
				Chocolate/sweet spreads are RED if served alone. Must be served with a bread based food.
Processed meats		■		
■ devon				These foods are usually high in sodium and/or saturated fat putting them in AMBER. They are not as nutritious as lean cuts of meat. If using these foods, use in small amounts and serve with a bread-based product and salad.
■ ham				
■ chicken roll				
■ corned beef				
■ bacon				
■ pastrami				
■ salami				

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Crumbed chicken, fish, meat or vegetable products ■ chicken nuggets ■ chicken fillet wedges ■ chicken patty ■ fish fingers ■ fish burgers ■ vegetable patties ■ meat patties ■ frankfurters, sausages (beef, lamb & chicken varieties) ■ battered saveloys		■	■ ■	Many of these products will fit into the RED category as they are high in saturated fat and sodium. Check the label against the criteria. Again, if using these products, DON'T DEEP FRY. Limit the number per serve of nuggets and chip type products to keep down the kilojoules. Most frankfurters and sausages are high in sodium. Choose a reduced fat and sodium version and serve on a bun to boost the nutritional value. Battered saveloys are very high in saturated fat and sodium placing them into the RED end of the spectrum.
Oven baked potato products ■ wedges ■ chips ■ hash browns ■ scallops ■ gems		■	■	Some oven baked potato products fit into the AMBER segment. Check the label to be sure. DON'T DEEP FRY! Serve in small quantities.
Pasta products ■ lasagne ■ spaghetti bolognaise ■ macaroni cheese	■	■	■	Check the label against the RED criteria. Pastas served with fresh tomato based sauces are a good choice. Avoid large serves. Serve with plenty of salad.
Pizza ■ hawaiian ■ supreme ■ cheese and bacon ■ muffin based pizza	 ■	■ ■	■	Go for the thin crust or bread based pizzas as these have less fat. Select those with vegetables in the topping or serve with salad. Muffin pizzas make a good snack. Muffin pizzas can be topped with lean meats and fruit or vegetables and served as a snack food.
Savoury pastries/breads ■ standard meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas and other fancy versions. ■ savoury croissants		■	■ ■	The saturated fat content of many pastries will put them into the RED segment. Check the label against the criteria. A number of companies make reduced fat versions. Croissants are very high in saturated fat and kJ and fall into the RED end of the spectrum.

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Spring rolls, chiko rolls, and dim sims		■	■	Check these products against the RED criteria. Many will fall into AMBER. DON'T DEEP FRY. Oven bake these foods or steam dim sims to keep the fat and kilojoules down.
Sauces and gravy ■ tomato ■ sweet chilli ■ BBQ ■ soy ■ satay/peanut ■ gravy		■		Use sparingly. Choose reduced salt varieties where available. Check the school policy regarding the use of products containing nuts, especially if using satay or peanut sauces.
Fats & oils ■ margarine and oil ■ mayonnaise		■		Choose polyunsaturated or monounsaturated varieties and use sparingly. Butter is high in saturated fat, use polyunsaturated margarine instead.
Cakes, muffins, sweet biscuits and slices		■	■	Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (eg reduced levels of fat or sugar and include fibre) may fit into AMBER. Check label against the RED criteria.
Ice creams, milk based ice confections & indulgent dairy desserts (not yoghurts) ■ chocolate coated ■ premium ■ standard, reduced and low fat ice creams & milk based ice confections ■ dairy desserts		 ■ ■	 ■ ■ ■ ■	Check standard ice creams, milk based ice confections and dairy desserts against the RED criteria.
Ice blocks, water or fruit based ice confections, slushees		■ ■	■ ■	Choose those with greater than 90% fruit juice. Check against the RED criteria and choose small sizes.
Confectionery ■ lollies – boiled, jellies, juice jellies, cough lollies, liquorice, yoghurt coated ■ chocolates, carob			■	Note: All types of confectionery fit into the RED end of the spectrum and their sale is limited to twice per term in schools. They are foods of minimal nutritional value, or are too high in energy (kJ) and saturated fat.
Savoury snack foods ■ popcorn ■ flavoured popcorn ■ crisps and chips	 ■ 	 ■ ■	 ■ ■	Air popped, no added fat popcorn is a high fibre, low fat choice. Read the label for flavoured popcorn – it may be too high in saturated fat and sodium. Check against the RED criteria. Crisps and chips are generally too high in energy (kJ) and/or saturated fat and/or sodium.

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Savoury biscuits		■	■	Check against the RED criteria as some products are too high in saturated fat and sodium.
Snack food bars ■ cereal based bars ■ fruit bars ■ breakfast bars		■	■	Choose carefully. Watch the serve size. Check against the RED criteria.
Drinks				
Artificially sweetened drinks		■		Artificially sweetened drinks fit into the AMBER segment.
Soft drinks **Energy drinks** **Flavoured mineral water** **Sports drinks** **Cordials** **Iced Tea**			■ ■ ■ ■ ■ ■	Most of these drinks will fit into the RED segment as they are high in kilojoules and some form of sugar and contain little if any nutritional value. Check the label against the RED criteria.
Fruit juice	■	■		Serve fruit juice chilled or frozen. Stock juices that are small (less than 300ml) and look out for products that contain fibre and no added sugar.
Fruit drinks		■		Fruit drinks can contain as little as 5% fruit juice. Check against RED criteria. Fruit juice in small containers are a better choice.
Milks ■ reduced fat ■ full fat	 ■	 ■		Children and adolescents do not need full fat milk. Choose reduced fat or low fat varieties of plain and flavoured milks, or fresh fruit milkshakes or smoothies.
Soy drinks ■ reduced fat ■ full fat	 ■	 ■		Children and adolescents do not need full fat soy drinks. Choose calcium enriched, reduced fat or low fat varieties of plain and flavoured soy drinks, or fresh fruit soyshakes or smoothies.
Water	■			Water is the best thirst quencher. Plain water (spring, mineral or sparkling – serve icy cold in summer). **Tip!** Some primary schools serve iced water by the cup – charging only for the cup.
Sweetened waters **Sports waters**		■ ■	■ ■	Contain varying amounts of sweetener so check against the RED criteria.