

Tool 1. Menu Ready Reckoner

How to use the Menu Ready Reckoner

The Menu Ready Reckoner can be used to classify foods and drinks as **Everyday**, **Occasional** or **Sugar-sweetened drinks**. It lists a range of foods and drinks commonly sold in school canteens. The tool also shows whether the food or drink requires a minimum Health Star Rating of 3.5 stars and any portion size limit that applies.

Below is an example of a table in the Menu Ready Reckoner and how to read it.

Food and Drink Tables and Groups

This column groups foods and drinks by their classification (**Everyday** or **Occasional**) and by type (hot food, cold food, snacks, drinks etc.). All items can be canteen-made or packaged unless specified otherwise.


Examples and Description

Use this column to confirm if an item fits within the category listed. You may need to check both the **Everyday** table and the **Occasional** table to find the food or drink you are looking for.

Healthy Tips


Tips will guide you to make the healthier choice when preparing and/or selecting foods or drinks. These tips are not essential for meeting the Food and Drink Criteria.


Everyday hot foods

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Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Pasta	250g (primary) 350g (secondary)	Not needed	Examples include lasagne, ravioli, spaghetti bolognese, macaroni and cheese, pasta bakes and canned spaghetti. <i>Healthy tip: Use tomato-based instead of cream-based sauces</i>

Occasional hot foods

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Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Pies	180g (except potato-topped pies 250g)		Examples include meat, chicken, vegetable, party pies and potato-topped pies.

Maximum Portion Size

Indicates the portion size limits for an item, meaning items should not be sold in larger sizes. If an item does not have a maximum portion size, the column will read 'Not needed'. Note: Some categories may have different portion limits for primary and secondary schools.

Health Star Rating (HSR)

This column indicates which packaged foods and drinks require a HSR of 3.5 stars or more. If a packaged product does not require a HSR but you would like to select a healthier version, choose one with 3.5 stars or above.

Everyday and Occasional fillings and ingredients

Throughout the Menu Ready Reckoner some food categories are described as including **Everyday** or **Occasional** fillings, ingredients, or toppings. Refer to the tables below for examples.

Everyday fillings, ingredients, and toppings are mostly foods from the five food groups and can be added to both Everyday and Occasional snacks, meals and drinks. Below are examples of Everyday fillings, ingredients and toppings:

- Lean meats (excluding ham) (e.g. skinless chicken, steak, roast beef, turkey breast, low fat mince, lamb and pork).
- Fish (e.g. tuna, salmon) and other seafood.
- Eggs, tofu and meat substitutes (uncoated/not crumbed or fried).
- Legumes (e.g. lentils, chickpeas), hummus and uncoated falafel.
- Wholegrains (e.g. quinoa, couscous and rice).
- Cheese – all varieties soft and hard (preferably reduced-fat).
- Vegetables and salad (excludes hot potato products such as hot chips).
- Fruit (includes fresh, dried and canned-in-juice varieties).
- Tinned spaghetti and tinned baked beans (preferably reduced-salt).
- Canteen-made crumbed and baked foods (not pan or deep fried) e.g. crumbed chicken breast.

Ham may also be used in **Everyday** foods (preferably lean ham).

The following Occasional fillings, ingredients, and toppings change the classification of a snack, meal or drink to Occasional:

- Processed meat (excluding ham) e.g. bacon, salami, chicken roll, sausages, hot dogs.
- Packaged crumbed or coated food e.g. packaged chicken tenders and crumbed vegetable patties.
- Battered or tempura food e.g. battered fish and tempura vegetables.
- Hot potato products e.g. hot chips, wedges and hash browns.
- Corn chips (e.g. in nachos) or hard taco shells.
- Salty snacks (e.g. pretzels packaged with cheese).
- Pastry (e.g. pastry added to frittata to make quiche).
- Ice cream, gelato, sorbet or frozen yoghurt (e.g. added to milk to make a milkshake).



Note: Adding any **Occasional** filling, topping or ingredient to an **Everyday** item (e.g. adding bacon to a frittata) will change the classification from **Everyday** to **Occasional**.

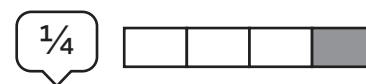


Everyday cold foods

Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Sandwiches/ wraps/rolls	Not needed	Not needed	<p>Everyday fillings include lean meats (see below), tuna, salmon, egg, cheese, ham, salad/roast vegetables, un-coated falafel, avocado and hummus.</p> <p>Note: Spreads from Tool 3. Fridge and Pantry Basics on pages 42-43, can also be used in Everyday sandwiches, wraps, and rolls.</p> <p><i>Healthy tip: Use multigrain or wholegrain bread, rolls and wraps and add at least two types of vegetables and/or salad items.</i></p>
Sushi/rice paper rolls	Not needed	Not needed	<p>Everyday fillings include skinless chicken, tuna, salmon, prawns, vegetables, avocado, tofu and rice noodles.</p> <p>Varieties with packaged, crumbed or tempura fillings are Occasional, see page 26.</p> <p><i>Healthy tip: Offer brown rice options.</i></p>
Frittata (no pastry)	Not needed	Not needed	<p>Everyday fillings include lean meats (see below), vegetables and cheese.</p>
Salads	Not needed	Not needed	<p>Everyday ingredients include lean meats (see below), vegetables, egg, cheese, legumes and wholegrains.</p> <p>Examples include garden, pasta, bean, potato, coleslaw, tabbouleh, couscous, quinoa and egg salads.</p> <p><i>Healthy tip: Use small amounts of balsamic or lemon juice-based dressings instead of cream or oil-based dressings.</i></p>

Lean meats include skinless chicken, steak, roast beef, turkey breast, low fat mince, lamb and pork. Trim visible fat from meat where possible. Ham may also be used in **Everyday** meals and snacks, preferably lean ham. For more examples of **Everyday** fillings, toppings and ingredients, see page 24.

Occasional cold foods



Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
<p>Sandwiches/wraps/rolls/sushi/frittata/salads with Occasional fillings</p>	<p>Needed for Occasional fillings only, see rows below</p>	<p>Needed for Occasional fillings only, see rows below</p>	<p>Occasional fillings include processed meat and packaged crumbed/coated foods (see rows below). Examples include chicken roll sandwich, frittata or caesar salad with bacon, tempura prawn sushi and packaged crumbed chicken wrap.</p> <p>Note: Spreads from Tool 3. Fridge and Pantry Basics on pages 42-43, can also be used in Occasional sandwiches, wraps, rolls, sushi, frittata and salads.</p> <p><i>Healthy tip: Use multigrain or wholegrain bread, rolls and wraps and offer brown rice sushi options.</i></p>
<p>Processed meats (excluding ham)</p>	<p>60g</p>		<p>Examples include bacon, devon, salami, chorizo, prosciutto, chicken roll, mortadella, frankfurts, saveloys, hot dogs and all varieties of sausages. All varieties may be served hot or cold.</p>
<p>Crumbed/coated foods (packaged)*</p>	<p>140g</p>		<p>All packaged crumbed/coated foods are Occasional. Examples include chicken nuggets, crumbed or coated chicken fillets/strips/tenders, schnitzels, fish fingers, battered frozen fish, arancini balls, crumbed or coated meat alternatives, coated falafel/vegetable and patties, vegetable/prawn/tofu tempura and inari. All varieties may be served hot or cold.</p> <p>Some crumbed foods may be Everyday if freshly prepared with healthy ingredients and baked (not fried), see page 29.</p>

***Do not deep fry foods in the school canteen.**

Everyday hot foods



Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Hot sandwiches/toasties/cheese melts	Not needed	Not needed	Everyday fillings include lean meats (see below), tuna, egg, cheese, vegetables, baked beans and tinned spaghetti.
Soup	Not needed	Not needed	Freshly prepared, packaged ready-to-eat, canned and packet varieties. Examples include pumpkin, tomato, mushroom, minestrone and chicken and corn. <i>Healthy tip: Use reduced-salt varieties where possible.</i>
Pasta	250g (primary) 350g (secondary)	Not needed	Examples include lasagne, ravioli, spaghetti bolognese, macaroni and cheese, pasta bakes and canned spaghetti. <i>Healthy tip: Use tomato-based instead of cream-based sauces.</i>
Indian meals with rice	250g (primary) 350g (secondary)	Not needed	Examples include chicken tikka masala, butter chicken, vegetable curry, rogan josh and lentil dahl. <i>Healthy tip: Use reduced-fat/light coconut cream or milk instead of regular coconut cream or milk.</i>
Mexican meals with soft tortillas or rice	250g (primary) 350g (secondary)	Not needed	Examples include burritos, burrito bowls with rice, fajitas and enchiladas. Mexican meals with hard shell tortillas/tacos or corn chips are Occasional , see page 31. <i>Healthy tip: Oven-bake flat bread or soft tortillas instead of corn chips for Everyday 'nachos'. Use plain yoghurt instead of sour cream.</i>

Lean meats include skinless chicken, steak, roast beef, turkey breast, low fat mince, lamb and pork. Trim visible fat from meat where possible. Ham may also be used in **Everyday** meals and snacks, preferably lean ham. For more examples of **Everyday** fillings, toppings and ingredients, see page 24.

Everyday hot foods

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Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Asian meals with rice or noodles	250g (primary) 350g (secondary)	Not needed	All varieties with rice or noodles (udon/egg/rice) and meat, vegetables or tofu. Examples include curries, stir fries, pad thai, fried rice, nasi goreng, noodle soups and wonton soups.
Dim sum/ dumplings/ steamed buns (bao)	250g (primary) 350g (secondary)	Not needed	Steamed or boiled (not fried) with Everyday fillings including pork, tofu, fish, prawns and vegetables. Pan fried dumplings are Occasional .
Jacket (baked) potatoes	250g (primary) 350g (secondary)	Not needed	Everyday fillings/toppings include lean meats (see below), tuna, baked beans, vegetables, sweet corn and cheese.
Roasts/cottage pies/fish pies	250g (primary) 350g (secondary)	Not needed	Meat or fish, potato and vegetable meals. Pies with pastry are Occasional , see page 27. <i>Healthy tip: Use salt-reduced gravies.</i>
Risotto and flavoured rice	250g (primary) 350g (secondary)	Not needed	Everyday ingredients include lean meats (see below), seafood, mushrooms, pumpkin, spinach and other vegetables. <i>Healthy tip: Use tomato-based instead of cream-based sauces.</i>
Burgers	250g (primary) 350g (secondary)	Not needed	Everyday burgers (including the bun, patty and other fillings) have uncoated patties such as uncoated fish, meat, vegetable or falafel patties and Everyday fillings including vegetables, salad, pineapple, egg and cheese. Burgers made with packaged crumbed/coated foods or processed meat are Occasional , see page 30.

Lean meats include skinless chicken, steak, roast beef, turkey breast, low fat mince, lamb and pork. Trim visible fat from meat where possible. Ham may also be used in **Everyday** meals and snacks, preferably lean ham. For more examples of **Everyday** fillings, toppings and ingredients, see page 24.

Everyday hot foods

(Canteen-made or freshly prepared)

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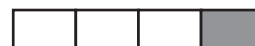








Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Crumbed/coated foods (freshly prepared)	140g	Not applicable Packaged varieties are Occasional , see page 30.	Crumbed foods (e.g. crumbed chicken or fish) are Everyday when prepared in the canteen or by a butcher and baked (not shallow fried) in the canteen. These foods can be used in Everyday meals such as wraps, rolls, burgers and salads. <i>Healthy tip: Use egg, flour, breadcrumbs, herbs and garlic.</i>
Pizza (canteen-made)	250g (primary) 350g (secondary) OR 1-2 slices from a large pizza	Not applicable. Packaged varieties are Occasional , see page 31.	Pizza is Everyday when made in the school canteen using only Everyday toppings including lean meats (see below), vegetables, ham, pineapple and/or cheese. <i>Healthy tip: Use pita bread/English muffins/Lebanese bread/wraps/tortilla bread as the pizza base.</i>
Garlic bread/ Za'atar/herb bread (canteen-made)	75g	Not applicable. Packaged varieties are Occasional , see page 31.	Garlic bread, herb bread and Za'atar bread are Everyday when made in the school canteen using a thin spread of margarine or oil, fresh or dried herbs, garlic and/or seeds. <i>Healthy tip: Use multigrain or wholegrain bread and limit portion size to 1 slice of bread/bread stick or ½ an English muffin/pita bread/flat bread.</i>

Lean meats include skinless chicken, steak, roast beef, turkey breast, low fat mince, lamb and pork. Trim visible fat from meat where possible. Ham may also be used in **Everyday** meals and snacks, preferably lean ham. For more examples of **Everyday** fillings, toppings and ingredients, see page 24.

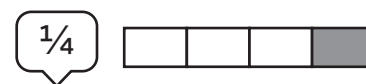
Occasional hot foods







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Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Hot sandwiches/toasties/wraps/rolls and burgers with Occasional fillings	250g (primary) 350g (secondary)		Occasional fillings include processed meat and packaged crumbed/coated foods (see rows below). Examples include sausage sandwich, bacon and egg roll, hot dogs, burgers with packaged crumbed chicken/vegetable patties and burgers with added bacon.
Hot meals with Occasional fillings	250g (primary) 350g (secondary)		Occasional fillings include processed meat and packaged crumbed/coated foods (see rows below). Examples include pasta carbonara with bacon, jacket potato with bacon topping, sausage hotpot, risotto with bacon.
Processed meats (excluding ham)	60g		Examples include bacon, devon, salami, chorizo, prosciutto, chicken roll, mortadella, frankfurts, saveloys, hot dogs and all varieties of sausages. All varieties may be served hot or cold.
Crumbed/coated foods (packaged)	140g		All packaged varieties are Occasional . Examples include chicken nuggets, crumbed or coated chicken fillets/strips/tenders, schnitzels, fish fingers, battered frozen fish, arancini balls, crumbed meat-alternatives and coated falafel/vegetable patties. All varieties may be served hot or cold. Some crumbed foods are Everyday if prepared with healthy ingredients and baked (not fried), see page 29.
Hot potato products	100g		All varieties baked and not fried. Examples include hot chips, hash browns, wedges, gems, skins and potato bakes. Do not deep fry foods in the school canteen.
Cheese and bacon roll or savoury rolls with processed meats	75g		All rolls or pull-apart bread with processed meat such as bacon or pepperoni. May be served hot or cold. Examples include cheese and bacon roll or spinach and pepperoni twist.

Occasional hot foods



Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Pies	180g (except potato-top pies 250g)		Pastry-containing pies including meat, chicken, vegetable, party pies and potato-topped pies. See page 28 for cottage pies and shepherd's pies.
Savoury pastries	120g		All meat, cheese and vegetable varieties. Examples include sausage rolls, quiche, spring rolls, samosas, empanadas, Cornish pasty, cheese and spinach triangles and cheese pastry sticks.
Mexican food with corn chips or hard taco shells/bowls	250g (primary) 350g (secondary) Corn chips or hard taco shell 30g		Examples include nachos and tacos with hard taco shells or corn chips. To make this food Everyday use soft tortillas or rice instead of corn chips/hard taco shells, see page 27. Healthy tip: Use Everyday ingredients such as low fat mince, beans, salad, avocado and cheese. Use plain yoghurt instead of sour cream.
Pizza (packaged) or with Occasional toppings	250g (primary) 350g (secondary) OR 1-2 slices from a large pizza		All packaged, commercial and ready-to-eat pizza regardless of toppings. Includes pizza pockets. Includes all canteen-made pizza with Occasional toppings for example, pepperoni, bacon, sausage and prosciutto. Healthy tip: Add Everyday toppings such as mushrooms, tomatoes, capsicum, pineapple and only a small amount of cheese.
Garlic bread/ Za'atar bread/herb bread (packaged)	75g		All varieties which are packaged, commercial and ready-to-eat (not made in school canteen). See page 29 for Everyday canteen-made version. Healthy tip: Scrape off excess spread before heating.
Instant flavoured noodles	1 individual packet (75g dry pack weight)		All flavours. Do not serve dry. Healthy tip: Add some vegetables to serve such as peas, corn and carrot.

Everyday snacks

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Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Fruit	Not needed	Not needed	All fresh, frozen, puréed and canned fruit in juice (not syrup).
Dried fruit	Not needed	Not needed	All plain dried fruit with no coating. Confectionery-covered dried fruit (for example chocolate or yoghurt-coated sultanas) should not be sold in school canteens (see page 35).
Vegetables	Not needed	Not needed	All fresh, frozen and canned vegetables. Healthy tip: Boil, steam, microwave or bake vegetables to avoid using oil and do not add salt or butter/margarine to corn or other vegetables.
Dips – vegetable or yoghurt based	Not needed	Not needed	Examples include hummus, tzatziki, beetroot or eggplant-based dips, avocado/guacamole and salsa. Dips may be served with or without plain crackers (preferably wholegrain) and/or cut vegetables for example, carrot sticks, celery, capsicum or cucumber. Healthy tip: Use vegetable-based dips instead of oil based dips (such as pesto).
Cheese and dairy-free cheese alternatives	Not needed	Not needed	Examples include colby, tasty, cheddar and ricotta cheese. Cheese may be served with plain crackers. Healthy tip: Serve bite size pieces of hard cheese (preferably reduced-fat) alone or with crackers (preferably wholegrain) and vegetable sticks.
Plain savoury biscuits/crackers and crispbreads	Not needed	Not needed	Examples include plain, unsalted crackers, breadsticks, crispbreads, rice and corn cakes. Flavoured varieties are Occasional snacks, see page 35. Healthy tip: Serve (preferably wholegrain) varieties with Everyday toppings such as cheddar, tuna, tomato or hummus.

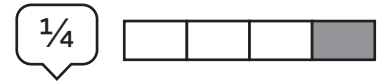
Everyday snacks

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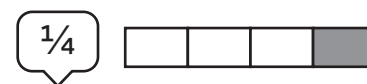
Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Popcorn (plain, air popped)	Not needed	Not needed	Plain, air popped popcorn only. Salted and/or flavoured popcorn is Occasional , see page 34.
Plain unsalted legume snacks	Not needed	Not needed	Examples include unsalted roasted chickpeas and fava beans. Salted and/or flavoured legume snacks are Occasional , see page 35.
Scones, pikelets, pancakes, savoury muffins and un-iced buns	Not needed	Not needed	Examples include fruit, cheese or plain scones, pikelets, pancakes, un-iced fruit buns, hot-cross buns and savoury muffins. No added confectionery or icing (see page 35). Do not serve with whipped cream or chocolate spread. Small amounts of honey or maple syrup may be used. <i>Healthy tip: Serve with fresh or frozen fruit such as berries, banana or kiwi fruit and reduced-fat plain yoghurt.</i>
Savoury scrolls/ bread	Not needed	Not needed	Examples include cheese, spinach and cheese and cheese and ham scrolls. Scrolls with processed meat (excluding ham) are Occasional snacks, see page 29.
Breakfast cereal and muesli	Not needed		All varieties served with or without milk. Dairy-milk alternatives such as soy, oat or rice milks should have calcium added (check the ingredients list). No added confectionery (see page 35). <i>Healthy tip: Serve wholegrain cereals.</i>
Jelly made with ≥99% fruit juice	250ml OR 1 small cup	Not needed	≥99% fruit/vegetable juices set with gelatine or other setting agents and no added sugar. Jelly with natural or artificial sweetener is Occasional , see page 35.
Yoghurt and custard	Not needed	Not needed	All plain and flavoured varieties of yoghurt for example, Greek, natural and soy yoghurts. Coconut-milk-based yoghurts are Occasional desserts, see page 35. Yoghurt and custard with added confectionery should not be sold in school canteens (see page 35).



Occasional snacks



Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Salty snacks	30g		All chips and crisps (e.g. potato, corn, grain, vegetable), extruded snacks (e.g. cheese, bacon or BBQ flavoured puffed snacks), soy crisps, flavoured or salted rice snacks, flavoured crackers, noodle snacks, pretzels, popcorn (plain, salted or flavoured) and salted legume snacks (e.g. salted wasabi peas, roasted fava beans or chickpeas).
Cheese spread and cream cheese/sour cream-based dips	60g total dip/spread and crackers		All cheese and cream cheese-based dips, including those packaged with biscuits or crackers, for example, cheese spread and French onion dip.
Muesli bars/snack bars/balls	50g		Examples include cereal bars, dried fruit bars, breakfast bars, bliss balls and protein balls. Yoghurt and confectionery-containing muesli and snack bars should not be sold in school canteens (see page 35).
Desserts	100g		Examples include mousse, cheesecake, puddings, rice pudding and coconut-milk-based yoghurt. Confectionery-containing desserts should not be sold in school canteens (see page 35).
Sweet biscuits	50g		Confectionery-containing biscuits should not be sold in school canteens.

Occasional snacks



Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Cakes/donuts/sweet pastries	80g		<p>Examples include cakes, sweet muffins, banana bread, slices, Danishes, croissants, slices, donuts, waffles, muffin bars, cake bars and oat slices.</p> <p>Confectionery-containing or icing-topped cakes and sweet pastries should not be sold (see below).</p> <p>Healthy tip: Bake cupcakes and muffins in patty cases to avoid greasing.</p>
Diet jelly	250g (primary) 500g (secondary)	Not needed	<p>Diet or no-sugar jelly, sweetened with natural or artificial sweeteners such as stevia or aspartame.</p> <p>Jelly with added sugar is classified as a Sugar-sweetened drink and should not be sold in school canteens (check ingredients list).</p>
Confectionery	50g		<p>Examples include chocolate bars, fruit gummies, lollies, cough lollies, eucalyptus drops, chewing gum, liquorice, carob confectionery and yoghurt-type confectionery.</p> <p>Note: Most confectionery will not have a HSR of 3.5 stars or above and therefore should not be sold in school canteens.</p>

ADDED CONFECTIONERY

Foods and drinks with added confectionery should not be sold in school canteens.

Common examples of foods with added confectionery include: muesli bars with chocolate or sweet yoghurt toppings, fruit mixes with chocolate pieces, chocolate-coated fruit, chocolate or sugar-coated popcorn, sweet biscuits with choc chips or icing, muffins or cakes with choc chips or icing, 100s and 1000s or sprinkles on cakes or sweet buns, sweet pastries or buns with icing or chocolate spread, chocolate spread in cakes such as lamingtons, yoghurt or custard with added chocolate or toffee pieces, ice cream with chocolate coating.

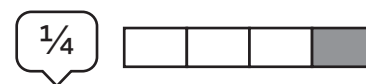
For information on ingredients that can be used when making snacks in the school canteen, see **Tool 3. Fridge and Pantry Basics** on pages 42-43.



Everyday drinks



Drink	Maximum portion size	Minimum HSR on packaged drink	Examples and/or description
Water	Not needed	Not needed	<p>Still, spring, mineral or sparkling water. Also includes plain waters infused with fruit/herb essence or flavouring.</p> <p>Do not add sugars to freshly prepared varieties. Packaged varieties should not contain added sugars or natural or artificial sweeteners (check ingredients list).</p>
Plain milk and dairy-free milk alternatives	Not needed	Not needed	<p>Examples include plain dairy milk, and dairy-free alternatives such as soy, oat or almond milks with added calcium (check the ingredients list).</p> <p>Preferably choose reduced-fat varieties.</p>
Flavoured milk/ hot chocolate/ milkshakes/ smoothies (without ice cream/gelato/sorbet/frozen yoghurt)/breakfast drinks/drinking yoghurt	300ml (primary) 500ml (secondary)	Not needed	<p>All flavoured milk and flavoured dairy-free milk alternatives (see row above) made with no added ice cream, gelato, sorbet, or frozen yoghurt. Drinks may be served frozen or blended with ice.</p> <p>Examples include flavoured milk, hot chocolate, iced chocolate, breakfast drinks and protein drinks. For drinks containing real coffee, see page 37.</p> <p>Healthy tip: Use no more than 1 level tablespoon of milk flavouring powder, syrup or honey per serve.</p>
≥99% Fruit/ vegetable juices and coconut water	250ml	Not needed	<p>All ≥99% fruit juice frozen drinks and slushies.</p> <p>Do not add sugars to freshly prepared varieties. Packaged varieties should not contain added sugars or natural or artificial sweeteners (check ingredients list).</p> <p>May be served diluted with plain or sparkling water. When diluted, the amount of juice included in the drink served should not exceed 250ml.</p>

Occasional drinks



Drink	Maximum portion size	Minimum HSR on packaged drink	Examples and/or description
Coffee (secondary school only)	500ml		<p>All coffee-containing drinks made with or without milk or dairy-free milk alternatives.</p> <p>Examples include latte, cappuccino, mocha, iced coffee, black coffee and packaged real coffee drinks.</p> <p>Healthy tip: When choosing packaged coffee drinks, choose regular strength versions (avoid double and triple strength).</p>
Milkshakes/thick shakes/smoothies made with ice cream/gelato/sorbet/frozen yoghurt	300ml (primary) 500ml (secondary)		<p>Use no more than 1 level tablespoon of milk flavouring powder, syrup or honey and no more than 125ml of ice cream/gelato/sorbet per portion. Drinks may be served frozen or blended with ice.</p> <p>If using dairy-free milk alternatives such as soy, oat or rice milks, choose varieties with calcium added (check the ingredients list).</p>
Diet drinks and no-sugar drinks	250ml (primary) 500ml (secondary)	Not needed	<p>Drinks sweetened with natural or artificial sweeteners such as stevia or aspartame. Should not contain added sugars (check ingredients list of packaged varieties).</p> <p>Examples include diet soft drinks, diet iced teas, diet fermented beverages (including kombucha), diet flavoured mineral waters, diet sports drinks, diet cordials and no-sugar slushies.</p> <p>Diet drinks containing caffeine should not be sold in primary schools.</p>

Sugar-sweetened drinks and energy drinks (including diet energy drinks) should not be sold in school canteens or vending machines. Refer to page 9 for more information about Sugar-sweetened drinks.

PACKAGED COFFEE DRINKS

Any packaged coffee drinks containing real coffee are classified as **Occasional** and can only be sold in secondary schools.

Coffee drinks containing de-caffeinated coffee powder or coffee flavouring only are classified as **Everyday** flavoured milks and can be sold in primary and secondary schools.

For packaged real coffee drinks, check the ingredients list for 'coffee', 'coffee beans', or 'coffee powder' or use the online look-up tool **Healthy Food Finder**.

Everyday breakfast

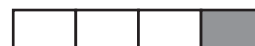
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Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Cereals	Not needed		Confectionery-containing cereals should not be sold in school canteens (see page 35).
Bread/toast	Not needed	Not needed	Examples include wholemeal, multigrain, white, rye, Turkish, Lebanese, lavosh, focaccia, pita, tortillas, rolls, bagels, English muffins, un-iced fruit bread and buns. Includes gluten-free varieties. Small amounts of honey, jam or maple syrup may be used, see Tool 3. Fridge and Pantry Basics on pages 42-43. <i>Healthy tip: If using margarine, spread lightly.</i>
Pancakes/pikelets	Not needed	Not needed	Small amounts of honey, jam or maple syrup may be used. Do not serve with confectionery, whipped cream or chocolate spread. If you add an Occasional topping such as ice cream the food becomes Occasional . <i>Healthy tip: Serve with fresh or frozen fruit such as berries, banana or kiwi fruit and reduced-fat plain or flavoured yoghurt.</i>
Yoghurt	Not needed	Not needed	All plain and flavoured varieties for example, Greek, natural and soy-based yoghurts. Coconut-milk-based yoghurts are Occasional desserts. Yoghurt with added confectionery should not be sold in school canteens (see page 35).
Fruit	Not needed	Not needed	All fresh, frozen and canned in juice (not in syrup).
Eggs	Not needed	Not needed	Examples include boiled, poached, scrambled, pan-fried and omelettes.
Baked beans	Not needed	Not needed	Canned or homemade varieties. Preferably reduced-salt varieties.

Occasional breakfast

1/4



Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Hot breakfasts containing Occasional foods such as processed meats or hot potato products	60g processed meat AND 100g hot potato products		Examples include bacon and egg roll, hash browns, potato triangles/gems and sausage sandwich.
Breakfast-type sweet biscuits	50g		Confectionery-containing biscuits should not be sold in school canteens (see page 35).
Waffles	80g		Waffles with confectionery added such as chocolate sauces or spreads should not be sold in school canteens (see page 35). <i>Healthy tip: Serve with fresh or frozen fruit such as berries, banana or kiwi fruit and reduced-fat plain or flavoured yoghurt.</i>

Everyday frozen ice snacks

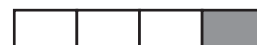
3/4




Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
≥99% juice frozen/ blended with ice	250ml	Not needed	All varieties of frozen drinks, drinks blended with ice, ice blocks and slushies made with ≥ 99% fruit or vegetable juice. Do not add sugars to canteen-made varieties. Packaged varieties should not contain added sugars or natural or artificial sweeteners (check ingredients list).

Occasional frozen ice snacks

1/4



Food	Maximum portion size	Minimum HSR on packaged food	Examples and/or description
Ice cream/gelato/sorbet/frozen yoghurt	125ml		Individually packaged or scooped on site. No added confectionery or coating (see page 34).
≥99% fruit ice blocks and frozen drinks with added sweeteners	250ml (primary) 500ml (secondary)	Not required	Ice blocks and frozen drinks/slushies with added natural or artificial sweeteners such as stevia or aspartame. Should not contain added sugar (check ingredients list of packaged varieties).



Sugar-sweetened ice blocks and jellies should not be sold in the school canteen. They are classified as **Sugar-sweetened drinks** because they are sweetened liquids that have been either frozen or set.