

Green up the menu



USE THESE MENU IDEAS TO ADD MORE GRAINS



Wholegrain bread for sandwiches/rolls/wraps



Corn/rice crackers with reduced fat dip or reduced fat cheese



Wholemeal breakfast cereal cups with reduced fat milk



Wholegrain pizza with vegetables and lean meat



Plain popcorn snack packs



Pasta/rice salads



Raisin bread

MAKE WATER THE DRINK OF CHOICE



USE THESE MENU IDEAS TO ADD MORE VEGETABLES, BEANS & LEGUMES



Salad in sandwich/rolls/wraps



Vegetable soup



Salad boxes



Bbq corn cobs



Steak sandwich with salad



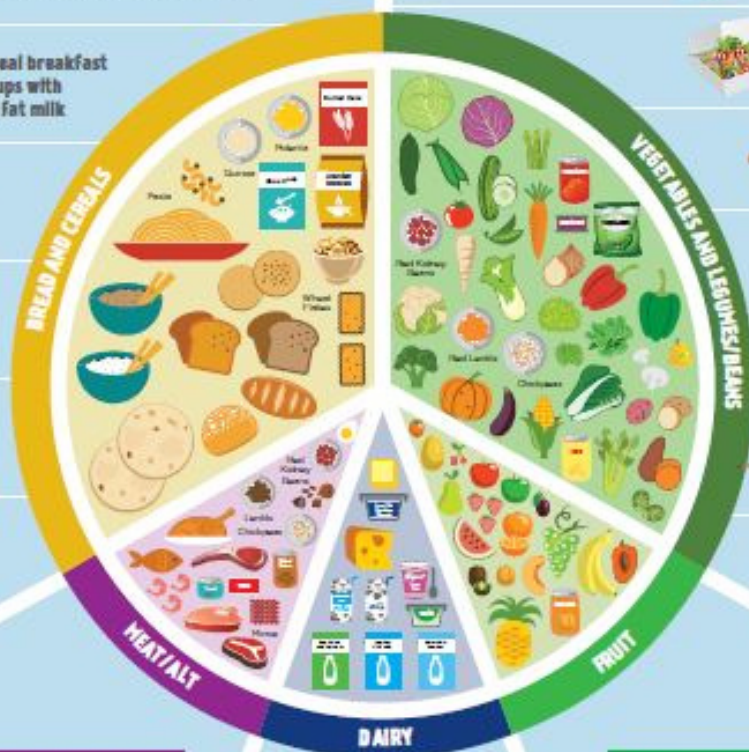
Vegetable snack packs



BBQ kebabs with vegetables



Bean nachos



USE THESE MENU IDEAS TO ADD MORE LEAN MEAT/FISH/POULTRY/ALT



Egg and lean ham breakfast rolls on wholemeal bread



Chicken or lean meat soups or hot dishes



Lean roast meat wholemeal rolls



Grilled fish burgers on wholemeal buns



Lean meat kebabs

USE THESE MENU IDEAS TO ADD MORE DAIRY



Reduced Fat plain/ flavoured milk drinks



Reduced fat cheese to salads or sandwiches/toasties



Reduced fat smoothies



Reduced fat yoghurt tubs



Reduced fat hot chocolate cups

USE THESE MENU IDEAS TO ADD MORE FRUIT



Fresh whole fruit



Fruit tubs in natural juice



Frozen fruit pieces



Diced fresh fruit cups



Fruit kebabs

(CPH) 170369

Reproduced with permission from NSW Health and Good Sports

Do you have questions?

Contact the Fuel to Go & Play™ team on 08 9264 4999 or email fueltoGo@education.wa.edu.au

