
NSW Healthy School Canteen Strategy

MENU CHECK

SUMMARY OF RESULTS

Food and Drink Criteria Menu Check



Rockdale Public School

Your School canteen has met the NSW Healthy School
Canteen Strategy Food and Drink Criteria.

Well Done!



School	Rockdale Public School
Suburb	ROCKDALE
Date	20 September 2019
Menu submitted by	Michael Chapman
Position	Health Promotion Officer

OFFICE USE ONLY

Date Received	17 September 2019	LHD	South Eastern Sydney
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Thank you for submitting an application to the NSW School Canteen Menu Check Service. We have assessed the information you provided against the NSW Healthy School Canteen Strategy Food and Drink Criteria.

This report includes a summary of the menu check results and suggestions of how your school can achieve an even healthier canteen.

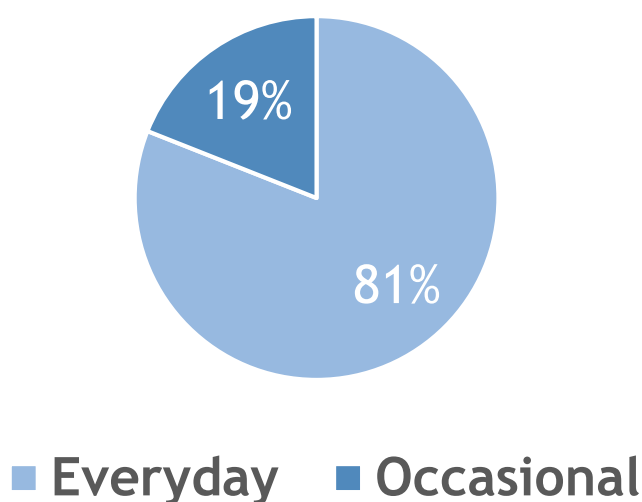
What did we Find?

Your school canteen is achieving:

- *At least $\frac{3}{4}$ (75%) of the menu are **Everyday** and no more than $\frac{1}{4}$ (25%) of the menu are **Occasional** foods and drinks.*
- *All the **Occasional** packaged foods and drinks in your canteen have a Health Star Rating of 3.5 Stars and above.*
- *Portion limits were met for all **Occasional** foods and drinks and **Everyday** flavoured milk, juices and hot meals on your menu.*
- *Your canteen displays, prices favourably, promotes and advertises only **Everyday** choices.*
- *Sugar-sweetened drinks are not sold in your school canteen or in vending machines.*

Menu Check Results

Proportion of Everyday and Occasional Foods and Drinks



Menu Summary

	Number of Items	Percentage (%)
Everyday	125	81
Occasional	29	19

If you make any changes to your menu in the future, please refer to the NSW Healthy School Canteen Strategy website (<https://healthyschoolcanteens.nsw.gov.au>) and the Menu Ready Reckoner: (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices/ready-reckoner>) to ensure your school continues to meet the Food and Drink Criteria.

Here are few tips to help your school canteen to continue to meet the Food and Drink Criteria and become even healthier.

Make the healthiest versions of freshly prepared on site (canteen made) meals and snacks by following the recommendations in the Menu Ready Reckoner and using 'Buy' ingredients column in the Essentials Shopping list.

Make sure your freshly prepared on site (canteen made) **Occasional** sweet snacks



Contain healthy ingredients.



Only use ingredients from the Essentials Shopping List 'Buy' column.



Do not include any confectionery (icing, chocolate, choc chips, caramel, toffee, or other confectionery).



Make sure any new drinks or frozen snacks are not sugar-sweetened drinks (which includes soft drinks, energy drinks, iced teas, flavoured mineral waters and sports drinks), and that frozen snacks are 99% fruit juice or milk based with a Health Star Rating 3.5 or above.



Ensure all **Everyday** foods and drinks meet the criteria. For **Everyday** hot foods, flavoured milks, 99% juice and 99% frozen juice ice blocks to meet the Food and Drink Criteria, they must meet the portion size limit. (Refer to the Healthy School Canteen Strategy website and the Menu Ready Reckoner to ensure all **Everyday** items are offered in serving sizes that meet the portion limits.)



In addition to stocking your fridges and pantry with **Everyday** foods such as vegetables, legumes, fruit, bread, pasta, rice, lean meats, fish, chicken and dairy foods, use pantry and fridge ingredients from the Essentials Shopping List to make healthy **Everyday** meals and snacks.



Make sure you check your school's policy on the provision of peanuts, tree nuts, and nut products within the school.

Encourage the sale of more **Everyday** foods by:



Favourably pricing **Everyday** foods and drinks.



Promoting and advertising **Everyday** foods and drinks (i.e. displaying them at eye level so that students can easily see them).



Including only **Everyday** foods and drinks in 'meal deals' or 'special' offers.



Increase **Everyday** food and drinks further by removing less popular **Occasional** foods and drinks.



Increase the balance of **Everyday** foods and drinks by reducing the number of flavours and variety of **Occasional** foods. Remember every flavour is counted separately so decreasing the number of flavours of **Occasional** chips, ice blocks etc. can help increase your **Everyday** balance.

For more information on the Strategy please see the Healthy School Canteens website: - <https://healthyschoolcanteens.nsw.gov.au>.

All NSW Government schools are working towards having a healthy canteen by the end of 2019. Independent and Catholic schools are strongly encouraged to adopt the Strategy.

If you have any questions regarding this menu check please do not hesitate to contact the **NSW School Canteen Menu Check Service** at menucheck@nswhealthyschoolcanteens.com.au or phone 02 9133 8711 (TOLL FREE).

Your Local Health District Live Life Well@School Health Promotion Officer can provide you with support to meet the NSW Healthy School Canteen Strategy. Please contact Karina Frangos at Karina.Frangos@health.nsw.gov.au or call on (02) 9382 8645.

Your Colour Coded Menu

● Everyday
 ● Occasional

Item	E/O	Count	Days
Hash Brown	O	1	Daily
Muffin	O	1	Daily
Breakfast , Recess & Lunch			
Plain Milk Cup	E	1	Daily
Hot Chocolate	E	1	Daily
Light Chocolate Milk Cup	E	1	Daily
Light Strawberry Milk Cup	E	1	Daily
Light Banana Milk Cup	E	1	Daily
Toasted Cheese Sub	E	1	Daily
Toasted Cheese And Lean Ham Sub	E	1	Daily
Corn Flakes Bowl	E	1	Daily
Pancakes X 2 With Honey	E	1	Daily
Sandwiches			
Vegemite Toast	E	1	Daily
Jam Toast	E	1	Daily
Honey Toast	E	1	Daily
Vegemite sandwich	E	0	Daily
Jam sandwich	E	0	Daily
Honey sandwich	E	0	Daily
Cheese Sandwich	E	0	Daily
Lean Ham Sandwich	E	1	Daily
Cheese And Tomato Sandwich	E	1	Daily
Lean Ham And Cheese Sandwich	E	0	Daily
lean ham, cheese and tomato	E	1	Daily
Salad Sandwich	E	1	Daily
Tuna Lettuce And Mayo Sandwich	E	1	Daily
Fresh Chicken And Cheese Sandwich	E	1	Daily
Fresh Chicken, Lettuce And Mayo Sandwich	E	1	Daily
Fresh Chicken And Salad Sandwich	E	1	Daily
Lean Ham And Salad Sandwich	E	1	Daily
Wraps & Rolls			
Cheese And Tomato Wrap Or Roll	E	0	Daily
Lean Ham And Cheese Wrap Or Roll	E	0	Daily
Lean Ham, Cheese And Tomato Wrap Or Roll	E	0	Daily
Salad Wrap Or Roll	E	0	Daily
Tuna Lettuce And Mayo Wrap Or Roll	E	0	Daily
Fresh Chicken And Cheese Wrap Or Roll	E	0	Daily

Item	E/O	Count	Days
Fresh Chicken Lettuce And Mayo Wrap Or Roll	E	0	Daily
Veggie & other snack packs			
Fresh Cut Veggie Cup	E	1	Daily
carrot sticks with hommus	E	1	Daily
Veggie Snack Dome (Pack 1)	E	1	Daily
Veggie Snack Dome (Pack 2)	E	1	Daily
Veggie Snack Dome (Pack 3)	E	1	Daily
Salads			
Garden Salad Dome	E	1	Daily
Tuna Salad Dome	E	1	Daily
Cheese Salad Dome	E	1	Daily
Lean Ham Salad Dome	E	1	Daily
Fresh Chicken Breast Salad Dome	E	1	Daily
Fresh Chicken Breast Pasta Salad Dome	E	1	Daily
Fresh Chicken Breast Caesar Salad Dome	E	1	Daily
fresh chicken avocardo salad dome	E	1	Daily
greek salad dome	E	1	Daily
caesar salad dome	E	1	Daily
Fresh Fruit & Yoghurt			
Diced Pineapple Cup	E	1	Daily
Orange	E	1	Daily
Apple	E	1	Daily
Mandarin	E	1	Daily
orange wedges cup	E	0	Daily
apple wedges cup	E	0	Daily
mandarin wedges cup	E	0	Daily
Frozen orange wedges cup	E	0	Daily
Frozen mandarin wedges cup	E	0	Daily
Banana	E	1	Daily
Watermelone Dome	E	1	Daily
Watermelon Cup	E	0	Daily
Grape Cup	E	1	Daily
Fresh Diced Fruit Cup	E	1	Daily
seasonal fresh fruit salad bowl	E	1	Daily
Tabouleh cup	e	1	Daily
Vanilla Yoghurt	E	1	Daily
Vanilla Yoghurt And Muesli Cup	E	1	Daily
Vanilla Yoghurt And Fruit Cup	E	1	Daily
Hot Food			
garlic and cheese bread	E	1	Daily
Pizza Cheese Sub On A Roll	E	1	Daily
Mexican Quesadilla	E	1	Daily

Item	E/O	Count	Days
Stuff Vine Leaves With Rice	E	1	Daily
Meatball Sub With Napolitana Sauce	E	1	Daily
chicken meatball sub with cheese	E	1	Daily
Grilled Chicken Souvlaki On A Roll	E	1	Daily
grilled chicken souvlaki on a wrap	E	0	Daily
Home Made Pizza With Cheese	E	1	Daily
Home Made Pizza With Lean Ham And Cheese	E	1	Daily
Home Made Hawaiian Pizza	E	1	Daily
Lasagne	E	1	Daily
vegetarian lasagne	E	1	Daily
Cheese Burger With Lean Beef	E	1	Daily
Aussie Lean Beef Burger	E	1	Daily
Fresh Grilled Chicken Fillet Burger	E	1	Daily
fillet - o -fish burger	E	1	Daily
Sushi			
Teriyaki Chicken With Cucumber Sushi	E	1	Daily
Salmon With Cucumber Sushi	E	1	Daily
Veggie Tofu Carrot Cucumber Sushi	E	1	Daily
Tuna And Cucumber Sushi	E	1	Daily
Rice paper roll - chicken lettuce, carrot and cucumber	E	1	Daily
rice paper roll - sweet chilli chicken, lettuce, carrot and cucumber	E	1	Daily
rice paper roll - vegetarian with assorted seasonal veggies	E	1	Daily
Homemade Menu			
Mac And Cheese Pasta	E	1	Daily
Hokkien Noodles With Chicken	E	1	Daily
Pasta With Meatballs	E	1	Daily
Pasta with Chicken Meatballs	E	1	Daily
pasta bolognaise	E	1	Daily
Veggie fried rice	E	1	Daily
Napolitana pasta	E	1	Daily
Teriyaki chicken stir fry with steamed rice	E	1	Daily
Thai red curry chicken and vegetables	E	1	Daily
Mexican Quesadilla	E	0	Daily
Crunch n Sip packs			
Piece Of Fruit And 400ml Water	E	0	Daily
orange or apple wedges and 400 ml water	E	0	Daily
fresh cut veggies and 400 ml water	E	0	Daily
Diced Fruit Cup 200ml And 400ml Water	E	0	Daily
Snacks & frozen treats			
Frozen 99% Juice Cup	E	6	Daily
99% juice cup	E	0	Daily
99% Juice Jelly Cup	E	6	Daily

Item	E/O	Count	Days
99% Frozen Juice Jelly Cup	E	0	Daily
Small Frozen Diced Pineapple Cup	E	0	Daily
Frozen 99% Quelch Fruit Juice Sticks	E	4	Daily
Popcorn	O	1	Daily
Breadsticks plain	E	1	Daily
Breadsticks pizza	E	1	Daily
Custard Cup	E	2	Daily
Frozen Plain Milk	E	0	Daily
Frozen Chocolate Milk Cup	E	0	Daily
Frozen Strawberry Milk Cup	E	0	Daily
Frozen Banana Milk Cup	E	0	Daily
Frozen Watermelon Cup	E	0	Daily
Frozen Grapes Cup	E	0	Daily
Frozen 99% Nippys Juice Cup	E	3	Daily
snap-stix	E	2	Daily
Ice Mony	E	3	Daily
Water - Milk & Juice			
Water	E	1	Daily
Water	E	1	Daily
Popper 100% Juice	E	4	Daily
Milk plain	E	1	Daily
flavoured Light milk	E	3	Daily
up and go	E	3	Daily
Occasional Hot Food & Snacks			
Hot Food			
Potato Wedges Cup	O	1	Daily
Noodle Cup	O	2	Daily
Chicken Nuggets 5 Pieces	O	1	Daily
Low Fat Beef Hot Dog	O	1	Daily
Low Fat Chicken Hot Dog	O	1	Daily
Meat Pie	O	1	Daily
Sausage Roll	O	1	Daily
Snacks & Other Treats			
Homemade Cookie	O	1	Daily
Gummy Bears	O	1	Daily
Red Rock Deli Chips	O	1	Daily
sugar free vanilla ice cream	O	1	Daily
Chicken And Corn Roll	O	1	Daily
corn cob	E	1	Daily
chicken wings	O	1	Daily
garlic bread	E	1	Daily
pizza wrap	O	2	Daily

Item	E/O	Count	Days
chicken burger	O	1	Daily
tuna pattie burger	E	1	Daily
jelly cup	O	2	Daily
monster noodle snacks	O	2	Daily
grain waves	O	1	Daily
Custard and Jelly Cup	O	1	Daily
APPLICATION			
Nachos	O	1	Daily
Rice sticks	O	2	Daily

GREAT CHOICE

Healthy School Canteens

