

# School Food Standards

## Daily checklist

### Daily

<i>Criteria</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
One or more portion of starchy food every day					
Bread (with no added fat or oil) must be available every day					
One or more portions of vegetables or salad available every day					
One or more portions of fruit available every day					
A portion of food from the milk and dairy food group every day					
Lower fat milk, which must be available for drinking at least once a day during school hours					
A portion of meat, fish, eggs, beans or other non-dairy sources of protein every day					
Free fresh drinking water must be available at all times					
No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat					
No confectionery, chocolate or chocolate-coated products					
You must not provide salt to add to food after it has been cooked					
Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful					

### At lunch time only

These are foods that to comply with the standards, should **only be served at lunch time**.

<i>Criteria</i>	<i>Met?</i>
Savoury crackers or breadsticks, which can be served at lunch with fruit, vegetables or dairy food	
Desserts, cakes and biscuits but they must not contain any confectionery	