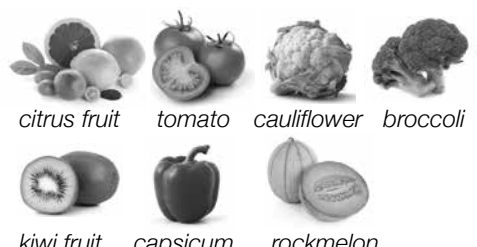




Nutrition Checklist for Menu Planning

Use this checklist to plan each two-week cycle of your service menu. The number of serves recommended is the minimum required to meet the nutritional needs of children when one main meal and two midmeals are provided.

Main Meals	
<p>Beef/Lamb/Kangaroo</p> <p>■ Lean red meat is included on the menu at least 6 times per fortnight <input type="checkbox"/></p> <p>Chicken/ Fish/ Pork/ Veal/ Non-Meat Meals</p> <p>■ A variety of lean white meat/non -meat meals are included on the menu up to 4 times per fortnight <input type="checkbox"/></p> <p>■ Non-meat meals are based on eggs, cheese, tofu or legumes <input type="checkbox"/></p> <p>■ Raw vegetables or fruit high in vitamin C are served with the non-meat meal <input type="checkbox"/></p> <p><i>Raw vegetables and fruit high in vitamin C include</i></p>  <p><i>citrus fruit tomato cauliflower broccoli</i></p> <p><i>kiwi fruit capsicum rockmelon</i></p> <p>Iron Containing Foods</p> <p>■ On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu <input type="checkbox"/></p> <p>■ On each day that a white meat or non-meat meal is served, at least 2 other iron containing foods are included on the menu <input type="checkbox"/></p> <p>Other iron containing foods:</p>  <p><i>wholemeal bread breakfast cereal dried fruit Milo™</i></p>	

Vegetables and Fruit	
<p>■ The menu includes at least 2 serves of vegetables daily <input type="checkbox"/></p> <p>■ The menu includes at least 1 serve of fruit daily <input type="checkbox"/></p> <p><i>*A variety of vegetables and fruit throughout the menu is important.</i></p>	

Dairy Foods	
<p>■ The menu includes a total of 1 serve of dairy foods daily <input type="checkbox"/></p> <p>Serving milk at morning and afternoon tea may be an easy and reliable way to meet this requirement.</p>  <p><i>milk yoghurt cheese custard</i></p> <p><i>*Cream, sour cream and butter are not substitutes for milk, yoghurt and cheese</i></p> <p><i>**Choose reduced fat dairy food for children aged 2 years and over</i></p>	

Breads, Cereals, Rice and Pasta	
<p>■ The menu includes at least 2 serves of bread, cereal, rice or pasta foods daily <input type="checkbox"/></p> <p>■ High fibre varieties e.g. multigrain, wholemeal, high fibre white are included daily <input type="checkbox"/></p> <p>Other breads include: Pita, lavash, Turkish, Lebanese, fruit bread, scones, etc.</p>	

Morning and Afternoon Tea (Midmeals)	
<p>■ Midmeals are planned on the menu as part of the total day's intake <input type="checkbox"/></p> <p>■ Milk, cheese, yoghurt or custard is included if necessary to meet the recommended daily serve <input type="checkbox"/></p> <p>■ Bread/cereal based foods are included if necessary to meet the recommended daily number of serves <input type="checkbox"/></p> <p>■ Vegetables and fruit are included if necessary to meet the recommended daily number of serves <input type="checkbox"/></p>	