

School Food Standards

Weekly checklist

Weekly

<i>Criteria</i>	<i>Met?</i>
Three or more different starchy foods every week	
One or more wholegrain varieties of starchy food every week	
Starchy food cooked in fat or oil no more than 2 days each week	
A dessert containing at least 50% fruit 2 or more times each week	
At least 3 different fruits each week	
At least 3 different vegetables each week	
Serving baked beans only once a week, and choose low sugar and low salt varieties	
A portion of meat or poultry on 3 or more days each week	
For vegetarians, a portion of non-dairy protein on 3 or more days each week	
A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools	
No more than 2 portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week	
No more than 2 portions of food which include pastry each week	

Every three weeks

<i>Criteria</i>	<i>Met?</i>
Oily fish at least once every three weeks	