

School Breakfast Program policy

Purpose

The purpose of this policy is to ensure that the school Breakfast Program provides food and drinks which contribute to a supportive, healthy school environment, by providing all students with the opportunity to access breakfast food before the school day starts.

Aim

To develop a school culture in which students actively choose nutritious foods which supports student focus, learning and healthy outcomes for students.

To offer all students a nutritious start to the day compatible with Australian dietary guide and have students ready to learn and not be hungry in class or over energised due to a high sugar diet or lack of food.

Statement

Kids Eat Well Vic and Tyrrell College recognise that enjoyment of healthy foods and drinks has a wide range of positive benefits for student health and learning outcomes such as:

- providing important nutrients that students need to be alert and engaged in classroom
- activities and for healthy physical development and performance
- supporting the development of healthy eating habits and preferences
- paving the way for good health and prevention of chronic illness.

Procedure

The Breakfast club will follow the traffic light approach to foods for their menu with a base menu of **Green** food items may be offered each day of the week.

Amber (sometimes) food choice of 1 food only and may be offered from the list 1 day of the week

Red (occasionally once a month) food option choice of 1 may be offered once a month

Breakfast menu items will focus on low sugar, reduced fat and salt content options e.g. milk and yoghurt should be plain, cheese – reduced fat, bread – encourage wholemeal options, cereal not high in sugar content (less than 20g sugar per 100g if dried fruit is not an ingredient, 25g if dried fruit included)

- Menus may need to rotate items as per seasonal supply e.g. avocado, or use frozen whole fruits (not puree)
- Drinks should be plain water, plain milk and not contain syrups as they are high in sugar.
- Drinks of fresh squeezed fruit juice should be limited to 200mls or less.
- Milk smoothies with fresh fruit are recommended.

Menu Examples

Green *everyday items*

Hot drinks - coffee should not be offered

- Hot Milk drinks such as 1 teaspoon of reduced sugar milo (flavourings to be natural or low sugar options)
- Milk smoothie - using plain milk and fresh fruit/ frozen fruit pieces as flavouring.
- Hot milk with a teaspoon of honey

- Water plain
- Milk plain

Fruit

- Fresh fruit salad or fruit pieces (in season)
- Fruit pieces canned in natural juice
- Fruit cups in natural juice or served with Juice removed if not natural juice variety.
- Fresh fruit skewers

Cereals #

- Muesli
- Weetbix, Vita-brits
- Weeties
- Cheerios, Maple crunch or cereals supplied by foodbank

Dairy

- Plain yoghurt Greek or reduced sugar #

Toast

- Toast- wholemeal preferred, white bread
- Toast toppings, avocado, vegemite, jam portion, ricotta cheese

Cooked

- Porridge - plain cooked #
- Eggs - plain or on wholemeal toast
- Baked beans plain or on wholemeal toast
- Toasted cheese sandwich - reduced fat cheese, ricotta,
- Vegetable frittata - not deep fried

Amber only 1 choice once a week maybe served from this list

- Egg and bacon Wrap / toast
- Spaghetti
- Corn fritters
- Fruit loaf
- Pancakes with fruit on top
- Banana pancake
- Other Special day items to meet approval of Principal
- Hot drinks - Hot full Milk drinks such as 1 teaspoon of milo should be limited (Amber)

Red once a month

- Sausages, processed meats
- Coco pops
- Fruit loops or equivalent
- Cream

can be served with fresh / frozen fruit pieces, or canned fruit in natural juices, or fruit cups with Juice drained from them if not natural juice variety

Ideas to try

Replace occasional foods with healthier alternatives such as:

Vegetable-packed frittatas or mini omelettes made in muffin tins.

Alternative spreads for toast/bread like cottage cheese, ricotta, avocado, tomato or mashed banana

Offer single pieces of fruit or prepare a fruit salad. Where possible, choose fruits that are in season. Seasonal fruits are more flavourful and cost-effective.

- Frozen fruit smoothies.
- Sprinkle fresh or frozen fruit on top of cereal or porridge