



## Greening up the menu – Who is doing it well?

Lil Tuckers (who cater for a number of schools in southern Tasmania) have kindly shared some **GREEN** menu inspiration. Their snack boxes and Mexican burrito bowls have proven to be popular choices in schools. Both menu items include mostly **GREEN** foods in interesting, appealing ways.



**Snack Box by Lil Tuckers**

To make a **snack box**, start by choosing a range of GREEN foods, such as:

- Seasonal fruit pieces
- Veggie sticks
- Some lean meat (such as chicken), tuna and/or boiled egg
- Canteen-made dip, such as hummus (recipe will need to be assessed)
- Reduced-fat cheese

You may like to add a couple of AMBER foods, such as:

- AMBER-approved crackers
- AMBER-approved commercial dip, such as hummus



Present the food in an appealing way, using minimal packaging (biodegradable is a great option!).



**Mexican Burrito Bowl**

The benefit of a meal like the **Mexican Burrito Bowl** is that you can mix it up based on what is in season, available and cheap.

Lil Tuckers make a their burrito bowl with a Mexican marinade, cooked rice, iceberg lettuce, corn, capsicum and reduced-fat grated cheese.

For those who want to make their own Mexican chicken bowls, check out an easy Shredded Mexican Chicken recipe at [houseofyumm.com/mexican-chicken](https://houseofyumm.com/mexican-chicken) (it doesn't need any special equipment!). Add cooked rice and whatever veggies look good and are available to you. Don't be afraid to use frozen or canned veg. Top off with optional reduced-fat grated cheese and/or reduced fat yoghurt.

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