Choose the GREEN choice

Many menu items can be GREEN, AMBER or RED depending on the nutritional content of the food, the size or the ingredients. Choose the GREEN option whenever possible.

Chicken nugget (doesn't meet AMBER nutrient criteria 1.2)	Chicken nugget (meets AMBER nutrient criteria 1.2)	Chicken nugget (school-made using chicken breast or thigh and oven baked)
Chocolate flavoured milk (more than 600mL)	Chocolate flavoured milk (less than 600mL)	Plain full fat or reduced fat milk
School-made meat lovers pizza (with salami and bacon that doesn't meet AMBER nutrient criteria 3.2)	School-made cheese & ham pizza (full-fat cheese and ham that meets AMBER nutrient criteria 3.2)	School-made Hawaiian pizza (with reduced fat cheese, pineapple and AMBER ham)
Crackers (doesn't meet AMBER nutrient criteria 2.2)	Crackers (meets AMBER nutrient criteria 2.2) and full fat cheese	Crackers (meets AMBER nutrient criteria 2.2) and reduced fat cheese
School-made sausage roll using full-fat pastry and sausage mince	School-made sausage roll using reduced fat pastry, lean mince and vegetables	School-made spinach and cheese triangles using reduced fat cheese and filo pastry
School-made nachos using corn chips (doesn't meet AMBER criteria 3.3) salsa and sour cream	School-made nachos using 30g serve of corn chips (meets AMBER nutrient criteria 3.3) salsa and natural yoghurt	School-made nachos using baked pita bread triangles, salsa and natural yoghurt