



# Top Selling Green Menu Items

Food Smart Schools • an naq nutrition program

For more information visit [www.foodsmartschools.org](http://www.foodsmartschools.org) or email [info@foodsmartschools.org](mailto:info@foodsmartschools.org)

**We've asked convenors and volunteers from a range of primary and high schools to share their top selling Green menu items. Here's what they had to say.**

*In no particular order, the top selling items in Queensland schools are:*

- **Sandwiches and Wraps** - lean meat/chicken/tuna/fish/egg, salad, low fat cheese and avocado on wholegrain breads, wraps and rolls
- **Sushi** - teriyaki, tuna with avocado and cucumber
- **Chicken and salad bowl** - lettuce, cherry tomatoes, cucumber, capsicum, sprouts, lean chicken and a side of crackers
- **Chicken kebabs** - chargrilled chicken, salad, wholegrain wrap, toasted
- **Apple Slinkies**
- **Lavash** - chicken, salad, served in halves
- **Healthy Potato Salad** - boiled diced potato, sundried tomato, lean ham, reduced fat ranch dressing
- **Char Grilled Chicken Burger** - lean chicken, lettuce, low fat mayonnaise, tomato, beetroot, wholegrain bread roll
- **Sweet Chilli Chicken Tender Wrap** - lettuce, tomato, beetroot, low fat cheese, cucumber, capsicum, carrot, low fat mayonnaise, sweet chilli chicken tenders. Southern chicken, Honey soy chicken and Tandoori chicken are other variations
- **Works Burger** - lettuce, carrot, low fat cheese, tomato, cucumber, onion, beetroot, lean meat patty
- **Healthy Fried Rice** - boiled rice with lean ham, peas, carrot, corn, capsicum
- **Greek Salad** - lettuce, cucumber, tomato, reduced fat feta, olives and balsamic vinegar
- **Chicken Caesar Salad** - chicken, lettuce, cheese, crutons, ham with light dressing
- **Homemade Bolognese** - with different shaped pastas and lean mince with plenty of grated vegetables

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- **Fish and Salad Plate** - oven baked crumbed fish with a green salad  
Teachers love fish and salad - don't forget your teachers as they can be a big percentage of your customer base!
- **Meat Ball Subs on Crusty Bread Rolls** - Lean mince with onions, grated carrot, zucchini, egg, and breadcrumbs in a tasty tomato sauce
- **Lean Ham and Vegetable Frittata and Garden Salad** - Frittata made with egg, grated zucchini, lean ham, onion, capsicum and sundried tomato
- **Fruit salad** - seasonal fruit with a dollop of reduced fat yoghurt and a sprinkle of muesli
- **Healthy Homemade Pizza** - wholemeal pizza base, with carrot, broccoli, cauliflower steamed and mashed into the base, topped with baby spinach, light grated cheese and lean bacon
- **Shepherd's Pie** - lean mince with onion, peas, corn, carrot, broccoli, cauliflower, topped with mashed potato
- **Spicy Chicken Taco Wraps** - lean diced chicken, onion, taco seasoning, lettuce, grated low fat cheese, light sour cream or natural yoghurt
- **Porcupines** - lean mince meatballs rolled in rice, then cooked with reduced salt tomato soup, herbs and diced onion
- **Jacket potato** - served with lean beef mince topped with low fat cheddar cheese
- **Home made pita bread pizza** - topped with a range of healthy toppings
- **Quesadilla** - reduced fat cheese, with a choice of fillings - chicken, avocado, tomato, beef, pineapple, roast pumpkin
- **Watermelon balls** - Served in a clear cup with a fork