

# HOW TO SERVE CHICKEN NUGGETS IN TUCKSHOPS QUICK GUIDE

## SERVING CHICKEN NUGGETS IN YOUR TUCKSHOP?

On their own, chicken nuggets are rated **RED** against the Smart Choices guidelines. This is because commercially made, coated chicken products have a poor nutritional profile. However, it is possible to achieve an **AMBER** rating if you serve chicken nuggets as part of a meal. To achieve this, use the following steps

1. Check the product against the Occasional (RED) Food and Drink Criteria Table (see over page) to ensure it's not **RED**.
2. Limit the number of chicken nuggets per serving. The recommended maximum serving size is 150g.
3. Serve them as part of a meal with salad/vegetables.

The following meals are all classed as **AMBER** in line with the Smart Choices guidelines.



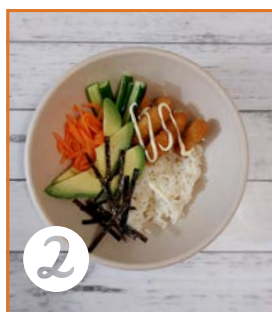
### GARDEN SALAD & NUGGETS

Serve 3 chicken nuggets/chips/goujons with a garden salad of lettuce, tomatoes, cucumber, shredded carrot and corn.



### FRIED RICE WITH NUGGETS

Opt for a vegetarian fried rice and serve with 3 nuggets/chips/goujons on top or on the side.



### CHICKEN SUSHI BOWL

Create a sushi bowl by topping ½ cup of rice with 100g of sliced crumbed chicken or 3 chicken nuggets/chips. Add shredded carrot, cucumber, avocado and edamame. Top with Nori sheet slices and 1 tsp of Kewpie mayo.



### NUGGET BENTO BOX

Keep your nugget offering simple and create a Bento Box with carrot and cucumber sticks, cherry tomatoes, cheese cubes and a boiled egg.



### CHICKEN WRAPS

Use 100g of your crumbed/coated chicken and add lettuce/spinach, tomato, cucumber, grated carrot and 1 tsp of mayo, with cheese optional.

NOTE: If salad isn't included in the wrap, this option is **RED**.



### CHICKEN BURGERS

Chicken burgers always go down a treat! Include lettuce and tomato as a minimum, or add extra flavour with grated carrot, cucumber, cheese and/or a pineapple ring to give it a Hawaiian twist. Adding a slice of reduced-fat cheese will boost the calcium. Optional: add 1 tsp of mayo.

*Still not sure if your crumbed/coated chicken products meet the Smart Choices guidelines? Use our [Smart Choices Calculator](#) to rate your product, use our [FREE Smart Choices Nutrition Advisory Service](#) via [scnas@qast.org.au](mailto:scnas@qast.org.au) or give our team a call on (07) 3324 1511 to chat.*

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## THE LOWDOWN ON NUGGETS

A chicken nugget is a processed food product consisting of small pieces of deboned chicken meat that are reconstituted into a nugget shape, breaded or battered, then deep-fried or baked.

Most nuggets are around 40% chicken, with the remaining ingredients made up of the crumbing materials, water, soy protein and other industrial additives.

Chicken nuggets have become a very popular fast food item, particularly for children. They are widely sold frozen for home use and due to being familiar to children, they are also a highly requested food item in school tuckshops.

So, how do they rate against the Queensland Government's [Smart Choices - Healthy Food and Drink Supply Strategy for Queensland Schools?](#)

## HOW TO CHOOSE NUGGETS THAT MEET THE GUIDELINES

When determining if the chicken product meets the Smart Choices guidelines, check the nutrition panel on the packaging against the [Occasional \(RED\) Food and Drink Criteria Table](#).

For the product to rate as **AMBER** ensure that for every 100g, the product contains less than 1,000 kilojoules, less than 5g of saturated fat and less than 700mg of sodium.

## INFORMING YOUR SCHOOL COMMUNITY OF CHANGE

There is no one-size-fits-all approach for tuckshops; they are all unique and have different needs.

If you're making significant changes to how you serve chicken nuggets, ensure you communicate the changes clearly with your target audience.

Outline that the new menu items meet the Smart Choices guidelines and helps ensure children have a healthy meal at school to support their learning.

### Hot food items assessed per 100 g

Category	Nutrient Criteria		
	Energy (kilojoules) per 100 g	Saturated Fat (g) per 100 g	Sodium (mg) per 100 g
Savoury pastries, pasta, pizzas, oven-baked potato products	>1000 kJ	>5 g	>400 mg
Crumbed and coated foods, frankfurters, sausages	>1000 kJ	>5 g	>700 mg

Key: > means more than, < means less than.

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