## K-12 School Basic Prep and Cook



## **ABOUT THIS MENU**

This menu has been designed to suit a K-12 school with basic preparation and cooking facilities because it has:

- Foods to appeal to a wide age range
- A mix of freshly prepared and packaged items
- An emphasis on basic, easy to prepare foods and drinks
- Portion sizes for both primary and secondary school students

## **EQUIPMENT NEEDED FOR THIS MENU**

- Fridge/freezer
- · Electric fry pan
- Rice cooker
- Sandwich press
- Microwave
- Kettle
- Blender
- Pie warmer
- Toaster

## **MENU TIPS**

Customise your specials and meal deals to appeal to both primary and secondary school students. Select foods, drinks and sizes that are appropriate and appealing for each group.

Calculating the % of Everyday items on this menu:	
Total	43
Everyday	38
Everyday ÷ Total x 100	(38 ÷ 43) x 100
% of Everyday items	88%

Click <u>HERE</u> to download the K-12 School Basic Prep and Cook example menu (print version)

Click <u>HERE</u> to download a menu template (editable PDF version)