

February 2011

Sample side items for school lunch programs

(Packaged product information obtained from <http://www.brandnamefoodlist.ca>)

Vegetable and Fruit ideas

Any fresh or unsweetened/unsalted canned/frozen fruit or vegetable is acceptable. Try serving vegetables with a low fat dip on the side.

Choose Most

Baby carrots
Blueberries – fresh or frozen (and thawed)
Celery sticks
Cherry tomatoes
Cucumber slices
Christie's Fig Newtons (55 g)
Dole Squish'ems! (90 g)
Fruit kebabs – place a variety of fresh fruit pieces on a skewer
Grapes – try serving them frozen in a plastic cup
Mott's Fruitsations unsweetened fruit cups (111 g)
Orange slices
Sliced apples (dip in water/lemon juice mixture to prevent browning)
Snap Peas
Strawberries
Sun-Rype Fruit to Go Crisps (10 g)

Choose Sometimes

All 100% fruit juices (200 ml serving size)
Sun-Rype Fruit to Go Strips (14 g)
Sun-Rype Fruit to Go Squiggles (18 g)

Grain Products ideas

Choose Most

100% Whole grain buns (small)
Christie Triscuits (18 g serving)
Kellogg's All-Bran bar (original) or Raisin bran bars (30 g)
Kellogg's All-Bran Chewy cereal bar Strawberry (35 g)
Kashi Chewy granola bars (4 varieties) 35 g
Quaker Oatmeal to Go - Wildberry (47 g)

Choose Sometimes

Christie Thinsations Chips Ahoy (23g)
Dare Bear Paws Homestyle Oatmeal (50 g)
General Mills Cheerios Snack Mix (28 g)
Kellogg's Nutrigrain cereal bars (37 g)
Mrs. Palmer's Pantry Pita Chips cinnamon (50 g)
PC Blue Menu Pretzels (50 g portion – about 17 pretzels)
Pepperidge Farms Goldfish (28-30 g)
President's Choice Oatmeal Double Chocolate soft cookie (1)

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Milk and Alternatives

Choose Most

Astro naturally flavored 1 % yogurt French vanilla (100 g)
Black Diamond Mozzarella Cheestrings 21 g
Bles Wold black cherry yogurt 175 g
Breyer's Creamsicle (75 ml)
Chapman's vanilla ice cream cups (115 ml)
Cracker Barrel cheese portion (21 g)
Dairyland Cheese Heads mozzarella (21 g)
Dairyland L'il Ones Yogurt (100 g)
White milk (up to 350 ml serving)

Choose Sometimes

Chocolate milk (up to 350 ml serving)
Dairyland Classic yogurt 125 g
Yoplait Yop 200 ml

Check the *Brand Name Food List* web site for more ideas!

<http://www.brandnamefoodlist.ca>