

Vegetable & Fruit Choices



Offer vegetables and fruit daily.
Choose fresh or frozen vegetables most often. Canned vegetables are a great option, but they contain sodium. Rinse canned vegetables to reduce sodium.



Offer Frequently



If Offering, serve *infrequently and in smaller portions *Infrequently: Twice Monthly



Canned Fruit in Juice



Avoid



Canned Fruit in Syrup



Cracker Choices



Choose Whole Grains most frequently.
For store bought crackers 'Whole grain' or Whole Wheat' should be the first ingredient.
*Nuts, Seeds, Nut Butters and Seed Butters dependent on school food allergy policy



Offer Frequently



Whole Grain
Cheddar
Goldfish Only



Triscuit &
Triscuit This
Crisps: All
Flavors



Rice Cakes:
Original, Savory
Tomato & Basil,
White Cheddar,
Butter Popcorn,
Everything



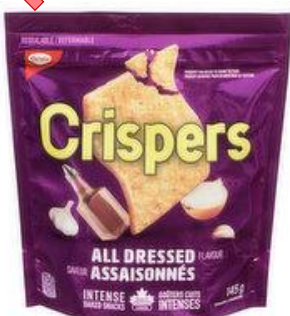
Breton
Crackers &
Breton Bits:
Original,
Everything,
Oats & Honey,
Veggie



If Offering, serve *infrequently and in smaller portions *Infrequently: Twice Monthly



Avoid



Yogurt & Cheese Choices



Choose Greek and regular yogurts that are lower in sugar and do not contain sugar substitutes.
Do not serve processed cheese slices or spreads. Choose real cheese slices or block cheese.



Offer Frequently



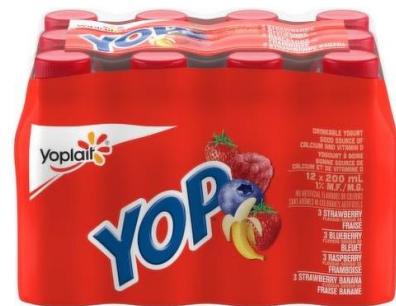
Yogurt with less added sugar



If Offering, serve infrequently and in smaller portions *Infrequently: Twice Monthly



Yogurt and yogurt drinks with added sugar.



Avoid



Cereal Choice



Offer Whole Grains most frequently.

Cereals should list 'Whole grain' or Whole Wheat' as the first ingredient.

*Nuts, Seeds, Nut Butters and Seed Butters dependent on school food allergy policy



Offer Frequently



If Offering, serve *infrequently and in smaller portions *Infrequently: Twice Monthly



Avoid



Granola Bar Choices



Offer Whole Grains most frequently.

For store bought bars 'Whole grain' or Whole Wheat' should be the first ingredient listed.

*Nuts, Seeds, Nut Butters and Seed Butters dependent on school food allergy policy



Offer Frequently



Nature Valley Crunchy: Oats 'N' Honey, Peanut Butter, Apple Crisp, Roasted Almond, and Pecan Crunch



Kashi Whole Grain Bars: Honey Oat Flax, Honey Almond Flax



Nature Valley Trail Mix: Mixed Berry, and Fruit & Nut



Go Pure Fruit & Oat Bars: Strawberry, Raspberry



If Offering, serve infrequently and in smaller portions *Infrequently: Twice Monthly



Kellogg's Nutri-grain: Blueberry, Raspberry, Strawberry, Apple Cinnamon, and Mixed Berry



Natures Bakery Fig Bar: Raspberry, Blueberry, Original

Made Good: Strawberry, Chocolate Chip,



Avoid



Beverages



Make water the first choice beverage



Offer Frequently



If Offering, serve *infrequently and in smaller portions *Infrequently: Twice Monthly



Unsweetened
Fruit Juice



Avoid

