

## Foods Available in K to 12 Schools in Manitoba

These guidelines apply to foods that may be sold in, or provided by, schools in Manitoba. They are not intended to evaluate the food students bring into schools, although the nutrition information may be helpful to parents and communities.

### GRAIN PRODUCTS

- Choose whole grain and enriched products 50 per cent of the time.
- Whole grains including whole wheat flour, oats, oatmeal, oat bran, barley, rye, multigrains and pumpernickel are the best choices.
- Sugar, fat and salt should be closer to the end of the ingredient list.
- Choose grain products without trans fat.

#### SERVE MOST

- bread
- roll
- roti
- bun
- paposeco
- pittu
- English muffin
- bagel
- pita bread
- baked bannock (made with vegetable oil)
- corn bread
- pizza crust
- bread stick
- melba toast
- corn or wheat tortilla
- rice cake
- cracker
- low sugar breakfast cereal
- pasta and noodles
- barley
- rice – brown, parboiled, converted or wild
- oats, oatmeal, oatbran
- grain-based bar
- whole grain or fruit muffin
- popcorn



#### COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)

- biscuit
- muffin
- loaves
- scone
- pancake
- crouton
- sweetened cereal
- sweetened instant oatmeal
- cream of wheat
- granola
- granola bar, cereal bar (not dipped)
- cookies made with oatmeal, peanut butter or fruit
- graham cracker
- date square
- banana bread

#### OTHER FOODS – COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)

These choices offer little nutrition for growing minds and bodies. If small portions of these foods are offered, pair them up with healthier foods when possible!

- pastry
- donut
- cake, cupcake, cake muffin
- sticky bun
- cookie with sweet filling or icing
- dipped granola bar
- flavored popcorn
- rice crispy cake
- puffed wheat cake
- instant noodles
- packaged noodle soup
- fried rice
- bread stuffing
- toaster pastry
- frozen waffle



### VEGETABLES AND FRUIT

- Choose dark green vegetables and orange fruit more often.
- Vegetable or fruit should be listed as the first ingredient on the ingredient list.

#### SERVE MOST

- vegetables – fresh, frozen, canned
- baked fries – fresh potato wedges or slices, may be tossed in oil
- vegetable and tomato soup
- tomato sauce
- salsa
- 100 per cent vegetable and tomato juices
- fruit – fresh, frozen, canned, dried
- frozen fruit juice bar
- apple sauce, other fruit sauce
- 100 per cent fruit/vegetable bar
- 100 per cent fruit juice – 125 – 250 mL



#### COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)

- vegetables with sauce
- fruit crisp
- fruit in syrup
- sweetened fruit juice
- fruit/potato filled boiled perogies
- jams, jellies or marmalade

#### OTHER FOODS – COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)

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- deep fried vegetables
- fried perogies
- hash brown potato
- fruit flavored drink crystals, fruit beverages, cocktails, nectars, drinks, punches, blends, slushes
- fruit pies, pastries
- candy or chocolate coated fruit
- fruit gummies, fruit flavored snacks
- gelatin fruit cup
- fruit leather
- fruit chips
- potato chips
- pickles



### MILK PRODUCTS

- Choose lower-fat milk products more often.
- Milk, evaporated milk, skim milk powder, milk solids or modified milk solids should be listed as one of the first ingredients.

#### SERVE MOST

- white, strawberry, vanilla, banana, chocolate milk
- hot chocolate made with milk
- long-life (UHT) milk
- instant breakfast powder
- fortified soy, rice beverages
- yogurt
- yogurt tubes
- yogurt beverages
- milk/yogurt smoothies
- hard cheese
- cheese slices
- cottage cheese
- pudding made with milk
- custard
- milk based soup



#### COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)

- whole milk
- reduced-fat eggnog
- fruit shakes
- milkshakes
- yogurt and yogurt drinks over 2 per cent milk fat
- cheese and cracker packages
- high fat cheese
- reduced-fat processed cheese spread
- plain ice cream
- reduced-fat sour cream



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- candy flavored, malted milk
- milks with coffee or tea
- hot chocolate made with water
- ice cream with candy
- sherbet
- cream
- sour cream
- whipping cream
- whipped topping
- cream cheese
- frozen ice cream treats
- non-dairy creamer
- coffee whitener

### MEAT AND ALTERNATIVES

- Choose leaner meat, poultry and fish, as well as dried peas, beans and lentils more often.

#### SERVE MOST

- meat, poultry – baked, grilled, roasted, stir fried
- fish, seafood – baked, grilled, canned in water
- deli meats – lean turkey, chicken, roast beef, pork
- eggs – boiled, scrambled, poached
- legumes – peas, beans, lentils
- tofu, vegetarian meat alternatives
- nuts, seeds, nut butter (peanut butter)



#### COULD BE SERVED SOMETIMES (3-4 TIMES PER MONTH)

- ham
- canned turkey, ham, chicken
- fish canned in oil
- jerky
- pizza
- fried eggs



#### OTHER FOODS – COULD BE SERVED RARELY (1-2 TIMES PER MONTH OR LESS)

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- sausages
- smokies
- hot dogs
- bacon
- bacon bits
- pepperoni sticks
- pizza pops
- canned meats
- processed meats – bologna, salami, pepperoni, corned beef, pastrami
- chicken wings
- deep fried meat, fish, poultry
- pogo stick
- processed meat pie
- turkey roll
- gravy
- refried beans
- chocolate, yogurt covered nuts
- sesame snaps
- dessert tofu