



## **“SERVED LEAST OFTEN IN CANTEEN” LIST**

**(Maximum of one item per day twice a week)**

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D, but are also high in fat, sugar or salt. If serving these foods combine with foods from “Choose and Serve Most Often” list.

- |                       |   |
|-----------------------|---|
| Grain Products        | Cookies (made with oatmeal, peanut butter, or dried fruit).   |
| Vegetables and Fruit  | French fries. Fruit in light syrup.   |
| Milk Products         | Flavored milks, yogurt drinks, ice cream, frozen ice cream treats.  |
| Meat and Alternatives | Wieners, sausages, cold cuts, luncheon meats, pepperoni sticks, nuts, seeds, pizza pops, pizza.   |
| Other                 | Pastry danishes, doughnuts, cake, sticky buns, chips, cheese puffs (cheesies), candy, chocolate, flavoured gelatin (jell-o), flavoured fruit drink/slushies, hot chocolate, frozen ice pops, frozen ice cream treats (drumsticks), packaged instant soups, noodle soup. |
| Sweets                | Crispy rice squares.  |

Adopted September 1, 2009		
---------------------------	--	--