

Menu Item Suggestions

Protein Foods (Meat and Alternatives) Protein foods are an important part of healthy eating. Include foods such as beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, and eggs.

*Vary cooking methods to increase variety (for example: baking, roasting, sautéing, grilling, etc.)

<p>Beef</p> <ul style="list-style-type: none"> • Beef/rice stuffed cabbage rolls • Casserole • Chili con carne • Corned beef • Goulash • Ground beef sauce • Hamburgers • Kebabs • Lasagna • Liver with onions • Meatballs • Meatloaf • Pot pie • Roast (pot roast, hot beef sandwich, beef dip) • Salisbury steak • Shepherd's pie • Short ribs • Steak • Steak and kidney pie • Stew • Stir-fry • Stroganoff <p>Wild game (from approved sources such as caribou deer, moose, elk, bison, buffalo)</p> <p>Veal</p> <ul style="list-style-type: none"> • Cutlets • Roast • Scaloppini • Stew 	<p>Chicken/Duck</p> <ul style="list-style-type: none"> • Barbecued • Cacciatore • Cajun • Crepes • Drumsticks, thighs, breasts, legs with sauce • Kebabs • Lemon • Orange • Pot pie • Stir-fry <p>Turkey</p> <ul style="list-style-type: none"> • à la king • Hot turkey sandwich • Lasagna • Pot pie • Roast • Sausage <p>Lamb</p> <ul style="list-style-type: none"> • Chops • Irish stew • Roast leg <p>Pork</p> <ul style="list-style-type: none"> • Chops • Cutlets • Kebabs • Spare ribs • Stew • Stir-fry • Sweet and sour • Tourtière 	<p>Ham (cured)</p> <ul style="list-style-type: none"> • Baked • Casserole • Glazed <p>Fish</p> <ul style="list-style-type: none"> • Char • Cod • Fish and chips • Halibut • Herring • Mackerel • Red snapper • Salmon • Sardines • Sole • Tilapia • Trout • Tuna melt • Tuna or salmon casserole <p>Seafood</p> <ul style="list-style-type: none"> • Fish cakes or patties • Mussels or shrimp • Stir-fry made with shrimp, prawns, scallops, etc. <p>Pasta as an entrée</p> <ul style="list-style-type: none"> • Fettuccini • Macaroni, cheese and tomato • Ravioli • Spaghetti and meatballs 	<p>Salads as entrées</p> <ul style="list-style-type: none"> • Caesar salad • Chef salad • Chicken pasta salad • Cobb salad • Cottage cheese and fruit salad • Curried chicken salad • Seven layer salad • Spinach and egg salad • Taco salad • Thai noodle salad <p>Sandwiches (made with bread, rolls, wraps, pitas, roti, etc.)</p> <ul style="list-style-type: none"> • Beef • Cheese • Chicken • Cold cuts • Crab salad • Egg salad • Ham • Peanut butter (or other nut butters) • Quesadillas • Reuben • Salmon • Shrimp salad • Submarines • Tacos • Tuna • Turkey 	<p>Beans, peas, and lentils</p> <ul style="list-style-type: none"> • Baked beans • Bean casserole • Bean salad • Burritos • Hummus • Lentil burgers • Lentil curry • Mexican rice and bean casserole • Red lentil spaghetti sauce • Split pea or lentil soup • Sweet and sour soybeans on rice • Vegetarian chili <p>Tofu/soybean</p> <ul style="list-style-type: none"> • Fried rice • Scrambled tofu • Stir-fry • Stroganoff • Tofu bean salad • Tofu burgers • Vegetarian chili <p>Other</p> <ul style="list-style-type: none"> • Cold plates (meat) • Egg foo Yong • Enchiladas • Frittatas • Omelet • Perogies/perogy casserole • Pizza • Quiche
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Menu Item Suggestions (Continued)

Protein Foods (Milk & Alternatives)

Serve lower fat milk such as skim, 1% or 2% Milk Fat (M.F.), lower fat dairy products and fortified soy beverages. Choices should be available for those who do not drink milk or other fortified beverages. Use lower fat milk when preparing foods such as soup, pudding or smoothies

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| <ul style="list-style-type: none"> • Buttermilk • Cheese with 20% M.F. or less (cheddar, Swiss, mozzarella) • Chocolate milk • Cottage cheese • Evaporated canned milk • Fortified goat milk • Frozen yogurt • Greek yogurt with 2% M.F. or less • Kefir | <ul style="list-style-type: none"> • Lactose free milk • Latté made with milk • Paneer | <ul style="list-style-type: none"> • Pudding or custard made with milk • Reconstituted powdered milk • Ricotta • Smoothies made with milk or yogurt • Soup made with milk | <ul style="list-style-type: none"> • Yogurt with 2% M.F. or less • Yogurt drink |
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- Non-dairy alternatives**
- Fortified soy beverage
 - Almond beverage
 - Soy yogurt

Vegetables

Vegetables and fruit are an important part of healthy eating. They come in many forms, such as fresh, frozen and canned.

Dark green vegetables

- Asparagus
- Bok choy/ Chinese cabbage
- Broccoli
- Brussels sprouts
- Chard
- Edamame (soy beans)
- Endive
- Fiddleheads
- Green beans
- Green peppers
- Kale/collards
- Leeks
- Mesclun mix
- Mustard greens
- Okra
- Peas
- Romaine lettuce
- Seaweed
- Spinach
- Zucchini

Orange vegetables

- Carrots (baby, regular)
- Pumpkin
- Sweet potato
- Squash – winter
- Yams





Other vegetables

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| <ul style="list-style-type: none"> • Arugula • Artichokes • Avocados • Bamboo shoots • Bean sprouts • Beets • Bell peppers (red, yellow, orange) • Broccolini • Cabbage (green, purple) • Cassava • Cauliflower • Celery • Corn (regular, baby) • Cucumber • Daikon • Eggplant • Kai lan • Kohlrabi • Onions | <ul style="list-style-type: none"> • Parsnips • Potato (russet, baby) • Radishes • Radicchio • Rutabaga • Shallots • Squash • Sui choy • Taro • Tomato • Turnip and turnip greens • Water chestnuts • Yellow wax beans |
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Salads and raw vegetables



- Ambrosia
- Antipasto
- Asparagus
- Beet
- Broccoli
- Caesar
- Carrot and raisin
- Carrot sticks
- Celery sticks
- Coleslaw
- Cucumber
- Green bean
- Greek
- Pea
- Potato (regular and sweet potato)
- Roasted vegetable
- Spring mix
- Tabbouleh
- Tomato
- Tossed green
- Waldorf

Menu Item Suggestions (Continued)

Fruits		
<p>Orange fruits</p> <ul style="list-style-type: none"> • Apricots • Cantaloupe • Mangoes • Nectarines • Papaya • Peaches 	<p>Fresh fruit</p> <ul style="list-style-type: none"> • Apples • Bananas • Blackberries • Blueberries • Boysenberries • Cherries • Cranberries • Currants • Dragon fruit • Fruit salad • Grapes • Guava • Kiwi • Lychee • Mangosteen 	<p>Canned fruit and fruit sauces</p> <ul style="list-style-type: none"> • Applesauce • Cherries • Fruit cocktail • Lychees • Mandarins • Peaches • Pears • Pineapple • Plums 

Grain Products

Use whole grains for at least half of the grain products provided each day. Look at the ingredient list and choose foods with the words “whole grain” followed by the name of the grain as one of the first ingredients on a product such as whole grain wheat, whole grain oats or whole grain rye.

<p>Bread, buns, bagels and flatbreads</p> <ul style="list-style-type: none"> • 7 or 12 grain • Cinnamon-raisin • Flat bread • Flax • French • Multigrain • Naan • Oat • Pitas • Pumpnickel • Sesame • Sourdough • Tortillas • Whole grain rye • Whole grain whole wheat 	<p>Breakfast cereals</p> <ul style="list-style-type: none"> • Cold: various assorted, high fibre cereals • Congee • Hot: cornmeal, cream of wheat, 5,7,9,12 grains, oatmeal, oat bran, rolled oats, bulgur 	<p>Pasta (various shapes)</p> <ul style="list-style-type: none"> • Whole wheat, multigrain, white, vegetable, etc. <p>Rice</p> <ul style="list-style-type: none"> • Brown, basmati, wild, white • Long grain, parboiled, short grain • Rice vermicelli noodles 	<p>Baked items</p> <ul style="list-style-type: none"> • Bannock • Biscuits • Cornbread • English muffins • Muffins • Pancakes • Scones • Waffles <p>Grain-based salads</p> <ul style="list-style-type: none"> • Bulgur • Macaroni • Pasta 	<p>Other grains</p> <ul style="list-style-type: none"> • Barley • Bulgur • Couscous • Crackers • Papadum • Polenta/ Cornmeal • Popcorn, plain • Rice cakes • Roti (chapati) • Quinoa 
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Menu Item Suggestions (Continued)

Soups

Make or buy lower sodium or sodium reduced and low fat varieties when possible.

Broth based soups

- Beef and barley
- Beef with noodles or vegetables
- Cabbage
- Chicken with noodles or rice
- Egg drop
- French onion
- Hot and sour
- Italian wedding
- Minestrone

- Mulligatawny
- Scotch broth
- Turkey with rice, noodles or vegetables
- Vegetable
- Vietnamese noodle
- Wonton

Cream based soups

- Asparagus
- Broccoli
- Carrot
- Celery
- Chicken
- Mushroom
- Potato
- Shrimp
- Tomato

Gumbos

- Chicken
- Creole
- Shrimp

Chowders

- Clam
- Corn
- Fish
- Vegetable

Other

- Black bean
- Butternut squash
- Edamame
- Hamburger
- Lentil
- Split pea
- Sweet potato
- Tomato noodle
- Tomato rice
- Sweet red pepper

Desserts

Offer fruit most often as a dessert choice. Fruit based or milk based desserts are also options. Limit dessert items that are higher in sugar or fat such as ice cream, cake, and pastries. Provide an alternative dessert choice such as fruit or yogurt when offering desserts higher in sugar or fat.

Offer Most Often

Fruit based desserts

- Baked apples, bananas or pears
- Crisps, crumbles or cobblers (apple, apricot, blackberry, blueberry, cherry, peach, plum, raspberry, rhubarb, strawberry)
- Fruit casseroles
- Fruit crepes
- Poached pears



Fruit

- Canned, fresh, or frozen (see Fruit section above)

Milk based desserts

- Custard or pudding made with milk (banana, butterscotch, chocolate, coconut, lemon, mango, pistachio, rice, tapioca, vanilla)
- Yogurt- plain or with fruit

Tofu based desserts

Whole grain baked products

- Cookies
- Granola bars
- Loaves
- Muffins
- Quick breads
- Squares



Offer Least Often

Frozen desserts

- Frozen yogurt
- Ice cream
- Sherbet

Baked products not made with whole grains

- Cookies
- Granola bars
- Loaves
- Muffins
- Quick breads
- Squares

Miscellaneous

- Brownies
- Cakes (angel food, chocolate, cheesecake, etc.)
- Fruit trifle
- Gelatin with fruit
- Gingerbread with fruit sauce
- Jam/fruit filled tarts
- Pies
- Shortcakes
- Upside-down cakes