

Appendix B

À La Carte Items

À La Carte Items can be sold or otherwise offered throughout the school day, but are not to be marketed or sold as a complete lunch meal. These items can be sold to complement a student's bagged lunch or recess/break time snack. They are meant to add additional nutritional value to a lunch or snack.



Vegetables and Fruit

Higher Nutritional Value

Fresh vegetables: cut-up raw vegetables and garden salad

- Fresh fruit: whole or pre-cut
- Canned fruit (packed in juice or light syrup)
- Apple sauce and other fruit sauces (100% fruit, no added sugar)
- 100% vegetable or fruit juice (200 ml or less)
- Freshly made vegetable and/or fruit smoothie

Grain Products

Higher Nutritional Value

- Freshly made whole grain products
 - Muffins, loaf breads, granola, granola bar
- Whole grain bread products
 - Bread, bagel, tortilla, pita, English muffin, buns, bannock, naan

Check nutrient criteria to determine if the following products can be sold as À La Carte Items.

• 2 cups (500 ml) popped corn	First ingredient is whole grain
• 35 g muffin	Saturated fat ≤ 2 g
• 30-38 g granola bar	Sodium ≤ 250 mg
• 2 medium rice cakes	Sugar ≤ 9 g
• 30 g crackers	

Milk and Alternatives

Higher Nutritional Value

- Milk (2% MF or less)
- Fortified soy beverage (unsweetened)
- Hard cheeses
- Plain yogurt
- Freshly made yogurt parfait

Check nutrient criteria to determine if the following products can be sold as À La Carte Items.

MILK

Saturated fat	≤ 3 g	Examples: • 1 cup flavoured milk (250 ml) • 1 cup flavoured fortified soy beverage (250 ml)
Sodium	≤ 180 mg	
Sugar	≤ 26 g	

MILK ALTERNATIVES

Saturated fat	≤ 3 g	Examples: • $\frac{3}{4}$ cup flavoured yogurt (175 g) • 200 ml flavoured yogurt drink • 125 ml frozen yogurt • 125 ml pudding (ready to serve)
Sodium	≤ 180 mg	
Sugar	≤ 20 g	

Meat and Alternatives

Higher Nutritional Value

- Hummus
- Egg
- Nut butter* (for schools that allow nuts)
- Nuts and seeds, no sugar or salt added*