

MAKING HEALTHY LUNCHES HAPPEN



A resource to help groups promote the importance of eating healthy food at school.

Healthy Lunches

- Important for health and wellbeing
- Reinforce classroom nutrition messages
- Create active learners for the whole day



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Public Health Nutrition Program
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This resource is designed to help parents and Parent Advisory Councils (PACs) host a successful lunchtime sales event. Like all food sold to students in schools, lunchtime food sales, which include PAC lunches, need to meet specific guidelines as provided by the Ministry of Education.

GUIDELINES FOR FOOD & BEVERAGES SALES IN BC SCHOOLS

- The Ministry of Education guidelines are called the 'Guidelines for Food & Beverage Sales in BC Schools – 2007 version'. A copy may be located at www.bced.gov.bc.ca/health/guidelines_sales07.pdf. In the guidelines, food and beverages are classified into the categories: ***“choose most”***, ***“choose sometimes”***, ***“choose least”***, and ***“not recommended”***.
- All suggested menu items in this resource are classified according to the guidelines of which only ***“choose most”*** and ***“choose sometime”*** foods are permitted for sale in schools.

TIPS FOR SUCCESSFUL PAC LUNCHES

- Obtain a Health Permit prior to your food event (contact Fraser Health Authority).
- When serving or preparing food, have at least one person present with Food Safe.
- Create a nutritionally balanced meal by including foods from each of Canada's

Food Guide four food groups (Vegetables & Fruit, Grain Products, Milk & Milk Alternatives and Meat & Alternatives).

**Substitute
an Entree**

- Menu items from catered outlets may be substituted for any of the main entrées. Ensure that the caterer can provide a menu classified according to the guidelines.

**Substitute
a Side Item**

- Side items may also be substituted (see food lists on page 4 & 5 or other options from: www.brandnamefoodlist.ca).
- When making substitutions, make sure at least 2 of the menu options are from the "**choose most**" category. Do not select "**choose least**" and "**not recommended**" foods as a substitution.
- Look for creative ways to include more fruit and veggies into lunch, i.e. cut vegetables in different shapes (carrot coins) and offer a variety of different



veggies (radishes, broccoli or cauliflower florets, snow peas, peppers or cucumber).

- Make lunch a fun food event! Create a school-wide theme around your special lunch, try a Mexican theme on Taco Day or beach theme on Cool Pizza Day.
- **Remember: Any caterer or vendor who provides meals/snacks to schools in the School District must have menu items that comply with the 2007 Guidelines for Food & Beverage Sales in BC Schools.**

SUGGESTED MENUS

Hot Dog Day

- Hot Dog with Whole Grain Bun ✓
- Veggies and Dip ✓✓
- Milk (250mL) ✓✓

Taco Salad Day

- Taco Salad ✓✓
- Old Dutch Tortilla Chips (Multigrain) ✓
- Fruit Source Bar ✓
- Milk (250mL) ✓✓

Cool Pizza Day

- Cool Pizza Slice ✓✓
- Oatmeal to Go Granola Bar ✓✓
- Yogurt Cup ✓✓
- 100% Fruit Juice (≤250mL) ✓

Pita Pocket Day

- Tuna Pita Pocket ✓✓
- Nature Valley Granola Bar (Apple Crisp) ✓
- Banana ✓✓
- Milk (250mL) ✓✓

Taco Day

- Healthy Mexican Tacos ✓✓
- Baked Doritos (Nacho) ✓
- Squish'ems (mixed berry) ✓✓
- Chocolate Milk (250mL) ✓

Spaghetti Day

- Spaghetti & Meat Sauce ✓✓
- Whole Grain Bun ✓✓
- Fruitsation ✓✓
- Milk (250mL) ✓✓

Soup Day

- Tomato & Bean Soup ✓✓
- Whole Grain Bun/Crackers ✓✓
- Fruit Bowl (in fruit juice) ✓✓
- Milk (250mL) ✓✓

Wrap Day

- Chicken Caesar Wrap ✓✓
- Baked Potato Chips ✓
- Fruit with Dip ✓✓
- Chocolate Milk (250mL) ✓

Chili Con Carne Day

- Chili Con Carne ✓✓
- Whole Grain Bun ✓✓
- Yogurt Tube ✓
- 100% Fruit Juice (≤250mL) ✓

Macaroni and Cheese Day

- Macaroni, Chicken and Cheese ✓
- Whole Grain Bun ✓✓
- Veggies and Dip ✓✓
- Milk (250mL) ✓✓

FOOD LISTS FOR SIDE ITEMS

✓✓ is Choose Most
 ✓ is Choose Sometimes

Vegetables & Fruit

- | | | |
|--|---|---|
| ✓✓ Bolthouse Farms Carrots with Dip, 85g | ✓ | 100% Fruit Juice (250mL) |
| ✓✓ Del Monte Fruit Bowls, in Fruit Juice, 112.5g | ✓ | Del Monte Fruit Bowls, in light fruit juice syrup or light syrup (Mandarins, Rasp-o-liscious, Very Very Cherry), 112.5g |
| ✓✓ Dole Fruit Bowls, in Fruit Juice (Pineapple Chunks), 185mL | | |
| ✓✓ Dole Fruit Bowls, in Fruit Juice (Tropical Fruit), 107g | ✓ | Dole Fruit Bowls, in light syrup (107g) |
| ✓✓ Mott's Fruitsations, Unsweetened, 111g | ✓ | Dole Fruit Bowls, in gel (123g) |
| ✓✓ Dole Squish'ems! Squeezable Fruit Snack, 90g | ✓ | Mott's Fruitsations, Sweetened (Pear/Mango Peach, Rasp/Strawberry) |
| ✓✓ Presidents Choice Mini Chefs Zippy Fruit, 20g | ✓ | Hunt's Squeeze 'N Go, Appleblend Tubes, 70g |
| ✓✓ Russ and Tony's Apple Slices | ✓ | Hunt's Squeeze 'N Go, Straw/Kiwi Tubes, 70g |
| ✓✓ Pieces of Fresh Fruit or Vegetable | ✓ | Frito Lay Baked Ruffles, Cheddar & Sour Cream, 32g |
| ✓✓ Kettle Valley Dried Fruit (Real Fruit Snack), 40g | ✓ | Frito Lay Baked Potato Chips, 32g |
| ✓✓ Kettle Valley Dried Fruit (Frunola High Fibre Fruit Bar), 50g | ✓ | Sun-Rype Fruit Source Bars, 37g |
| ✓✓ Christies Fig Newtons, 55g pkg of 4 | | |

Grain Products

- | | | |
|--|---|---|
| ✓✓ Kellogg's All Bran Bars, Original 30g | ✓ | General Mills Cheerios Snack Mix, Honey Nut Crunch 28g |
| ✓✓ Kellogg's Raisin Bar, 30g | ✓ | Kellogg's Nutrigrain Bar Munch'ems, Honey Oat 30g |
| ✓✓ Quaker Oatmeal to Go, Cinnamon Roll 47g | ✓ | Goldfish Crackers, Original & Cheese Trio & Cheddar 30 g |
| ✓✓ Quaker Oatmeal to Go, Honey Oat 47g | ✓ | Kellogg's Nutrigrain Cereal Bar Apple Cinnamon, 37g |
| ✓✓ Quaker Oatmeal to Go, Wildberry 47g | ✓ | Nature's Valley, Chewy Trail Mix Bar Apple Cinnamon 35g & Granola Bar Apple Crisp 42g |
| ✓✓ PC Blue Label, Cookies, Crunchy Oat 23g | ✓ | Western Classics Cereal Bars, Blueberry 37.5g |
| | ✓ | Kellogg's Special K Bar Blueberry, Red Berries 23g |
| | ✓ | Kraft Handisnacks, Breadsticks'n Cheese 31g |
| | ✓ | Old Dutch Tortilla Chips, Multigrain Triangles 25g |
| | ✓ | Kernel's Popcorn 30g Salt & Vinegar |
| | ✓ | Baked Doritos – Nacho/Nacho Cheese, 43g |

For more ideas on substitutions go to: www.brandnamefoodlist.ca

EXCHANGES FOR SIDE ITEMS

✓✓ is Choose Most
✓ is Choose Sometimes

Milk & Milk Alternatives

- | | |
|---|--|
| ✓✓ Island Farms 2% Yogurt, stirred Orange 125g | ✓ Dairyland Fat Free Classic Vanilla Yogurt; Blueberry, Cherry, Mango, Strawberry, 125mL |
| ✓✓ Island Farms 2% Yogurt, stirred Raspberry/ Strawberry, 125g | ✓ Dairy land Stirred Yogurt; Fieldberry, Peach, Raspberry, Strawberry, 125mL |
| ✓✓ Island Farms 2% Yogurt, stirred Raspberry/ Strawberry, 175g | ✓ Island Farms 2% Vanilla Plus Yogurt, 125g & 175g |
| ✓✓ Island Farms Fat Free Yogurt, stirred Strawberry & Peach, 125g | ✓ Island Farms 2% Yogurt, 125g & 175g |
| ✓✓ Island Farms Fat Free Yogurt, stirred Strawberry & Peach, 175g | ✓ Island Farms Fat Free, French Vanilla Yogurt, 125g & 175g |
| ✓✓ Milk, skim, 1% & 2% | ✓ Saputo Spoon 'n Go Yogurt; Blueberry, Mango, Cherry, Strawberry, 125mL |
| ✓✓ Black Diamond Cheese Sticks, Mozzarella, 21g | ✓ Western Classics Ultimate Yogurt; Apricot Mango, Coffee & Cream, Fr Vanilla, 125mL |
| ✓✓ Black Diamond Cheese Sticks, Marbelicious, 21g | ✓ Yoplait Yogurt Tubes, all flavours 60g |
| ✓✓ Danone, Silhoutte Smoothie, Field Berry 200ml (Milk Beverage) | ✓ Chocolate/Vanilla/Strawberry/Banana Milk, 250 ml, skim, 1% or 2% |
| ✓✓ Russ & Tony's Apples & Cheese, 21g | ✓ Milk To Go, Chillin' Chocolate 350mL, Strawberry Splash 250mL, Vanilla Vibe 250mL |
| ✓✓ So Good Fortified Soy Beverage, Original, 250mL | ✓ Yoplait Yop; Raspberry, Strawberry, Straw/Banana, 200mL |
| ✓✓ So Nice Organic Fortified Soy Beverage, Original & Vanilla 250mL | ✓ So Good Fortified Soy Beverage, Vanilla, Strawberry & Chocolate, 250mL |
| | ✓ So Nice Organic Fortified Soy Beverage, Chocolate, 250mL |
| | ✓ Del Monte Frozen Yogurt Bar; Peach & Strawberry, 50g |

For more ideas on substitutions go to: www.brandnamefoodlist.ca

APPENDIX

MEAL PLAN DETAILS & RECIPES

HOT DOG DAY

Hot Dog with Whole Grain Bun ✓✓
Veggies and Dip (15mL) ✓✓
Chocolate Milk (250mL) ✓

RECIPE

You will need:



- Large Stock Pot(s)
- Bread Knife
- Serving Tongs
- Hot Dog Wrappers
- Plate/ containers for Serving

Ingredients:



Wieners
Whole Grain Hot Dog Buns
Ketchup
Mustard
Relish

HEALTHFUL TIPS:

- The below wieners are a **'choose most'** meat & alternative:
 - Butterball Turkey Frank, 56 g
 - Yves® Tofu Dog, 46g
 - The following wieners are **'choose sometimes'** when classified on their own, but when combined with a whole grain bun **and** a fruit and/or veggie side, it becomes a **'choose most'** mixed entree.
 - Maple Leaf Top Dogs® 33% less fat than BBQ, 56g
 - Maple Leaf Top Dog® Original, 38g
 - Includes these non-meat alternatives:*
 - Schneider's Oh Nature!, 47g
 - Yves® Hot'n'Spicy Chili Veggie Dog, 46g
- Note that the regular Yves® Veggie Dog falls into the **'choose least'** category due to high sodium content.
- To be a **'choose most'** entrée, a vegetable or fruit must be served with the hotdog and comprise 1/3 of a food guide serving. For this meal be sure to include a minimum of 30g (1oz) of veggies per serving with the dip.
 - For the veggie dip watch portion size. If using a low fat dip or dressing serve up to 15mL. If it is a regular dip or dressing keep portion size to 10mL.

Marketing Guide for Specific Items:

- Quantities of whole grain hot dog buns are available by special order from McGavin's. Contact your local McGavin's shop ahead of time to confirm this and inquire about the lead time they require. Check with other local bakeries for special order whole grain buns.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

TACO SALAD DAY

- Taco Salad ✓✓
- Baked Tortilla Chips (Multigrain Triangles) ✓✓
- Fruit Source Bar ✓
- Milk (250mL) ✓✓

RECIPE

You will need:



- Large Sauté Pan(s)
- 1 Large Serving Bowl
- 7 Medium Serving Bowls
- Chopping Knife(s)
- Chopping Board(s)
- Measuring Cups/Spoons
- Cheese Grater
- Wooden Spoon or Whisk
- Large serving spoon & salad tongs
- Plate/container/utensils for Serving

Ingredients:



	Serves 8	Fixings	Serves 50
	¾lb (350g)	extra lean ground beef	5 lbs (2.2kg)
	1 – 35g package	taco seasoning (↓ salt)	5 – 35g packages
10 cups / 2.5 L (1¾lb / 800g)		red or green leaf lettuce	11lb / 5kg
	1 - 19 oz can (540mL)	kidney beans	6 - 19 oz can (540mL)
	2 cups (500mL)	red peppers, chopped	12½ cups / 4lb (3L / 2kg)
	½ cup (125mL)	green onions, chopped	3 cups / ¾lb (750mL / 340g)
	2 cups (500mL)	tomatoes, chopped	12½ cups / 5lb (3L / 2.3kg)
1/2 cup / 2oz (125mL/60g)		grated cheddar cheese	3 cups / ¾lb (750mL / 375g)

Dressing

1 cup (250mL)	salsa	6¼ cups (1.5L)
¼ cup (60mL)	low fat yogurt	1½ cups (375mL)
2 Tbsp (30mL or 30g)	light sour cream	¾ cup (185mL or 185g)
2 Tbsp (30mL)	light mayonnaise	¾ cup (185mL)
1 tsp (5mL)	white wine vinegar	2 Tbsp (30mL)
1 tsp (5mL)	chili powder	2 Tbsp (30mL)
1 tsp (5mL)	black pepper	2 Tbsp (30mL)

Method:



Brown ground beef in a sauté pan, drain fat then add taco seasoning. Cook as directed on the seasoning package. Wash & tear lettuce into bite sized pieces, place in large mixing bowl. Prepare other fixings & put into the smaller bowls. Whisk together dressing ingredients until well blended. To serve, plate lettuce then top with seasoned beef, vegetables and dressing.

HEALTHFUL TIPS:

- Try using Veggie Ground Round to replace ground beef, not only is it healthier but it does not need to be browned – just season, heat and serve.
- Use only a sprinkle of cheese (i.e. about 1 Tbsp) or use a combination of light cheese (less than 20%MF) and regular cheese to keep the fat content in check.

Marketing Guide for Specific Items:

- The different grades of ground beef cannot have more than a specified amount of fat:

extra lean → no more than 10% fat	medium → no more than 23% fat
lean → no more than 17% fat	regular → no more than 30% fat

 Rinsing cooked ground beef can reduce the fat content, rinsed regular ground beef crumbles actually has less fat than that of lean ground beef crumbles.

Variation:

- A commercial dressing may be used; Ranch flavour goes well or for a bit of a kick try Jalapeno Ranch (Litehouse®). Packaged low fat salad dressings can be up to 15mL serving sizes, if regular, than they must be in 10mL packages.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

COOL PIZZA DAY

- Cool Pizza Slice ✓✓
- Oatmeal to Go Granola Bar ✓✓
- Yogurt Cup ✓✓
- 100% Fruit Juice (≤250mL) ✓

RECIPE

You will need:



- 6 Medium Serving Bowl
- Chopping Knife(s)
- Chopping Board(s)
- Measuring Cups
- Measuring Spoons
- Mixing Spoon
- Cheese Grater
- Spatula
- Plate/container for Serving

Ingredients:



	Serves 6		Serves 50
	1	whole grain pizza crust	9
		Spread	
½ cup (125mL / 125g)		light cream cheese	4 cups / 2.2lb (1L / 1kg)
1 Tbsp (15mL)		light mayonnaise	½ cup (125mL)
1 clove		garlic	8 cloves
1 tsp (5mL)		dill	3 Tbsp (45mL)
		Topping	
½ cup (125mL)		chopped broccoli florets	4 cups / 1lb (1L / 400g)
½ cup (125mL)		chopped red pepper	4 cups / 1½ lb (1 L / .6kg)
½ cup (125mL)		chopped zucchini	4 cups / 1 ¼lb (1 L / .5 kg)
½ cup (125mL)		grated carrot	4 cups / 1 ¼lb (1 L / .5 kg)
¼ cup/ 1oz (60mL / 30g)		grated cheddar cheese	2 cups / 8oz (500mL / 240g)

Method:



Ensure the pizza crust has been baked. Mix together cream cheese, mayonnaise, sour cream, garlic and dill until smooth. Spread a thin layer of cream cheese mixture across the pizza crust with a spatula. Spread generous amounts of vegetables on top of cream cheese, top with light sprinkle of cheddar cheese.

HEALTHFUL TIPS:

- Selecting whole grain pizza crusts ensures that this entrée meets the '**choose most**' criteria. If a white crust is used this entrée is a '**choose sometimes**' food.
- Be generous with the vegetable toppings. When complete very little of the white (cream cheese) should be showing. But watch, if too many vegetables are added, they will fall off when the pizza is being cut and make it difficult to serve.
- The cheddar cheese can also be a combination of light (less than 20% MF) and regular, this will reduce the fat content of this lunch.

Marketing Guide for Specific Items:

- Check with local pizzerias, they may be able to provide baked pizza shells if a high volume is to be purchased.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

PITA POCKET DAY

Tuna Pita Pocket ✓✓
Nature Valley Granola Bar (Apple Crisp) ✓
Banana ✓✓
Milk (250mL) ✓✓

RECIPE

You will need:



- 1 Large Serving Bowl(s)
- Chopping Knife(s)
- Chopping Board(s)
- Measuring Cups
- Measuring Spoons
- Wooden Spoon or Whisk
- Serving Spoon (Tablespoon)
- Plate/container for Serving

Ingredients:



Serves 2

5oz (140g)
¼ cup (60mL)
2 Tbsp (30mL)
¼ cup (60mL)
½ cup (125mL)
1

Pita Filling

tuna
celery
green onions
granny smith apple
green or red leaf lettuce
whole grain pita bread

Serves 50

7lb5oz (3.5kg)
6½ cups / 1.6L (1lb12oz / 825g)
3 cups / ¾lb (750mL / 320g)
6½ cups / 1 ½lb (1.6 L / 670g)
12½ cups / 1½lb (3.1L / 670g)
25

2 tsp (10mL)
½ tsp (2.5mL) **or**
¼ tsp (2mL)
3 Tbsp (45mL)

Dressing

lemon juice
curry powder **or**
curry paste
light mayonnaise

1 cup (250mL)
¼ cup (60mL)
2 Tbsp (30mL)
4½ cups (1.1L)

Method:



Drain tuna & put into large bowl. Peel and core apple and finely chop. Wash then finely chop the celery, add both the apple and celery to the tuna. Add dressing ingredients and mix well. Wash lettuce & tear into large pieces. Cut pita pockets in ½ place 1 - 2 lettuce pieces in the pocket then spoon in 2 - 3 tablespoons of the tuna mixture.

HEALTHFUL TIPS:

- Opting for green or red leafy lettuce boosts the nutrition of this lunch and add nice colour.
- Look to purchase **canned light tuna**, which is low in mercury. Because of lower mercury levels, consumption advice specific to canned light tuna is not required. Conversely, **albacore** (or white) tuna contains higher amounts of mercury and **does have** recommendations regarding consumption amounts.
- Select tuna packed in water as a healthier choice.

Marketing Guide for Specific Items:

- This recipe allows for ½ pita sandwich per person, some older children with larger appetites may need two ½'s. Remember to account for any extra servings when adding up the total number of servings.
- If shopping for tuna at a conventional grocer, be sure to check the bulk isles for cost savings on tuna. Larger size cans (1.88kg) can be purchased through wholesale food stores.
- Using curry paste rather than curry powder adds a stronger curry flavour to the tuna.

Variation:

- This filling can also be served on a Greek style pita, which is usually moister, in an open-sandwich fashion. Reduce the mess by not spreading the filling right to the edges.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

TACO DAY

- Healthy Mexican Tacos ✓✓
- Baked Nachos ✓✓
- Squish'ems (mixed berry) ✓✓
- Chocolate Milk (250mL) ✓

RECIPE

You will need:



- Sauté Pan(s)
- 1 Large Serving Bowl
- 4 Medium Serving Bowls
- Chopping Knife(s)
- Chopping Board(s)
- Measuring Cups
- Measuring Spoons
- Serving Spoons
- Foil or Wax Paper for Wrapping
- Plate/container for Serving

Ingredients:



Serves 8	Serves 50
1lb (450g) extra lean ground beef OR	6lb (2.8 kg)
1 – 14oz can (398mL) refried beans OR	7 – 14oz can (398mL)
1 - 12oz (340g) pkg veggie ground round	7 - 12oz (340g) pkgs
2 cups (500mL) tomatoes, chopped	12½ cups / 5lb (3L / 2.3kg)
2 cups (500mL / 200g) green or red leaf lettuce	12½ cups / 3½lb (3.1L / 1.5kg)
1 cup (250mL / 120g) grated cheddar cheese	6¼ cup / 1½lb (1.5L / 750g)
1 cup (250mL) salsa	6¼ cup (1.5L)
8 8" whole grain tortilla rounds	50

Method:



If using ground beef, brown and drain any fat. Wash lettuce then cut into strips & put in large serving bowl. Wash tomatoes & green onion then dice and place in medium sized bowls. Grate cheese and also place in a serving bowl. To make the taco, start with a spoonful of meat (or veggie ground round or spread tortilla with re-fried beans). Spoon in tomato, cheese and salsa topping with shredded lettuce.

HEALTHFUL TIPS:

- Using the veggie ground round or refried beans are a healthy alternative to ground beef. Both are easier to work with as browning is not required.
- For ground beef, opt for extra lean ground beef or rinsed regular ground beef (as per below).
- The cheese can be a combination of light (less than 20% MF) and regular to reduce the amount of fat in this dish.

Marketing Guide for Specific Items:

- Veggie Ground Round is available in most large grocery stores, usually in the produce section.
 - The different grades of ground beef cannot have more than a specified amount of fat:

extra lean → no more than 10% fat	medium → no more than 23% fat
lean → no more than 17% fat	regular → no more than 30% fat
- Rinsing cooked ground beef can reduce the fat content, rinsed regular ground beef crumbles actually has less fat than that of lean ground beef crumbles.
- Squish'ems is a squeezable snack made by Dole®.

Variation:

- Spinach, tomato or cheese tortillas are colourful & fun. These would fit in well with a theme day (i.e. red or green day). When these tortillas (or white flour tortillas) are substituted for the whole grain tortilla's this dish is '**choose sometimes**'.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

SPAGHETTI DAY

Spaghetti & Meat Sauce ✓✓

Whole Grain Bun ✓✓

Fruitsation ✓✓

Milk (250mL) ✓✓

RECIPE

You will need:



- Sauté Pan(s)
- Stock Pot(s)
- Chopping Knife(s)
- Chopping Board(s)
- Measuring Cups
- Measuring Spoons
- Spaghetti Tong
- Serving Ladle (Soup Serving Spoon)
- Plate/container/utensils for Serving

Ingredients:



	Serves 8		Serves 50
	1½lb (.5kg)	extra lean ground beef	8 ½lb (3.8 kg)
	1 cup (250mL)	onion, chopped (optional)	6 cups / 2.2lb (1.5L / 1kg)
	1 tsp (5mL)	granulated garlic	2 Tbsp (30mL)
	½ tsp (2.5mL)	pepper	1 Tbsp (15mL)
	1-19oz can (540mL)	canned diced tomatoes	6 - 19oz (540mL) cans or 3.2L
	1 - 6oz can (156mL)	tomato paste	6 - 6oz (156mL) cans
	1 Tbsp (15mL)	sugar	6 Tbsp (90mL)
	2 tsp (10mL)	Italian spice mix	4 Tbsp (60mL)
	7 oz (180g)	enriched spaghetti	2lb 8oz (1.1 kg)
	7 oz (180g)	whole grain spaghetti	2lb 8oz (1.1 kg)
	1 cup (250mL)	parmesan cheese	6 cups / 1lb (1.5L / 500g)

Method:



Brown ground beef & drain off any fat. Add onions and cook for 5 minutes. Add granulated garlic, pepper, tomatoes, tomato paste and Italian spices. Simmer for about 1 hour (must heat to 155° F). In stock pot, heat water to a rolling boil. Break spaghetti into thirds (for ease of serving) and add slowly to boiling water stirring constantly. Cook for 10 - 12 minutes until pasta is tender. Drain well and cool slightly with running water. Plate spaghetti, top with meat sauce and a sprinkle of parmesan cheese.

HEALTHFUL TIPS:

- Consider adding more fibre to this dish by including a larger proportion of whole grain spaghetti.
- Extra lean ground beef is specified for this recipe but regular ground beef can be purchased, browned then rinsed under hot water (see below for more details).
- Veggie Ground Round may be used to replace ground beef, not only is it healthier, but it does not need to be browned – just heat then add other sauce ingredients (allow ≈ 50g per serving).
- For tasty results, allow time for the sauce to simmer, the longer it simmers the fuller the flavour.

Marketing Guide for Specific Items:

- The different grades of ground beef cannot have more than a specified amount of fat:
 - extra lean → no more than 10% fat
 - lean → no more than 17% fat
 - medium → no more than 23% fat
 - regular → no more than 30% fatRinsing cooked ground beef can reduce the fat content, rinsed regular ground beef crumbles actually has less fat than that of lean ground beef crumbles.
- The spices; basil (2 Tbsp), oregano (2 Tbsp), thyme (1½ Tbsp) & marjoram (1½ Tbsp) can be substituted for Italian spice mix (measures are for the 50 serving recipe).

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

SOUP DAY

- Tomato & Bean Soup ✓✓
- Whole Grain Bun or Whole Grain Crackers ✓✓
- Fruit Bowl ✓✓
- Milk (250mL) ✓✓

RECIPE

You will need:



- 1 Large Stock Pot(s)
- 1 Sauté Pan(s)
- Chopping Knife(s)
- Chopping Board(s)
- Cheese Grater
- Can Opener
- Measuring Cups
- Measuring Spoons
- Bowls for Serving
- Spoons

Ingredients:



Serves 6		Serves 50
1 – 19oz can(540mL)	can stewed tomatoes	9 – 19oz can (540mL) or 4.9L
1 - 14oz can(398mL)	brown or baked beans in tomato sauce	9 - 14oz can (398mL)
1 cup (250mL)	water	8 ¼ cups (2.1L)
¼ cup (60mL)	chopped onion	2 cups / ¾lb (500mL / 340g)
½ tsp (2.5mL)	dried basil	1 Tbsp (15mL)
½ tsp (2.5mL)	dried parsley	1 Tbsp (15mL)
1 cup (250mL / 120g)	shredded cheddar cheese	8 cups / 2lbs (2L / 960g)
	<i>Optional:</i>	
1 cup (250mL)	Fresh tomato chopped	8 cups / 3lb 5oz (2L / 1.4kg)
5oz (140g)	Fresh spinach chopped	2.5lb (1.1kg)

Method:



Sauté onions, then transfer to stock pot. Add tomatoes, beans, water, basil and parsley. Bring to a boil. Add optional ingredients if desired. Reduce heat to medium low and simmer uncovered for 10-15 minutes, stirring occasionally. Serve into soup bowls, topping each serving with a sprinkling of shredded cheddar cheese.

HEALTHFUL TIPS:

- Adding the optional items (tomato and spinach) to this recipe increases the nutritional value of the meal and adds more vegetable servings to the day. The green of the spinach also adds a nice accent colour to the soup.
- Using a combination of light cheese (less than 20% MF) and regular cheddar cheese will reduce the amount of fat in this recipe.

Marketing Guide for Specific Items:

- Large cans 2.8L of canned tomatoes are available from grocery wholesalers at a very economic price.
- If opting for the spinach, consider buying washed packaged spinach to make preparation easier.
- Purchasing shredded cheese will also save on preparation time.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

WRAP DAY

- Chicken Caesar Wrap ✓✓
- Baked Potato Chips ✓✓
- Fruit with Dip ✓✓
- Chocolate Milk (250 mL) ✓

RECIPE

You will need:



- 1 Large Serving Bowl
- 1 Small Serving Bowl
- Chopping Knife(s)
- Measuring Cups
- Measuring Spoons
- Chopping Board(s)
- Plate/container/utensils for Serving

Ingredients:



Serves 8	<i>Filling:</i>	Serves 50
10oz (300g)	romaine lettuce	4lb (1.8kg)
1lb (450g)	cooked chicken breast	6lb (2.8kg)
8	10" whole grain tortilla rounds	50
	<i>Dressing:</i>	
½ cup (125mL)	Caesar (light)	3 cups (750mL)
(8 x 15mL servings)		(50 x 15mL servings)

Method:



Wash and spin lettuce, then tear into bite size pieces and place in large serving bowl. Cut cooked chicken into small bite size pieces and add to lettuce along with Caesar dressing. To make the wrap distribute the filling evenly over tortilla then roll up (tuck the sides in at the start of rolling to keep the filling in). Cut each tortilla in ½ to serve. Cutting the wraps on an angle makes an attractive presentation.

Marketing Guide for Specific Items:

- Purchasing pre-cooked chicken eases the preparation of this recipe. Pre-cooked chicken breasts are available in grocery wholesale stores.

Variation:

- If your school is including this lunch as part of a theme day you can substitute spinach, tomato or cheese tortillas for whole wheat. This menu item is a '**choose most**' choice regardless of the type of tortilla used in this recipe.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

CHILI CON CARNE DAY

- Chili Con Carni ✓✓
- Whole Grain Bun ✓✓
- Yogurt Tube ✓
- 100% Fruit Juice (≤250mL) ✓

RECIPE

You will need:



- Sauté Pan
- Large Cooking Pot
- 1 Large Salad Bowl(s)
- Chopping Knife(s)
- Chopping Board(s)
- Measuring Cups
- Measuring Spoons
- Can Opener
- Serving Bowls
- Spoons

Ingredients:



	Serves 8		Serves 50
	1 cup (250mL)	onion, chopped	6 cups / 2.2lb (1.5L / 1kg)
	½ cup (125mL)	green pepper, chopped	3 cups / 1lb (750mL / 450g)
	1 clove	garlic, minced	6 cloves
	1 Tbsp (15mL)	canola oil	6 Tbsp (15mL)
	1 lb (450g)	extra lean ground beef	7 lb (3kg)
	1 – 14 oz can (398mL)	kidney beans	6 – 14 oz can (398mL)
	1 – 6oz can (156mL)	tomato paste	7 – 6oz can (156mL)
	1 – 19oz can (540mL)	diced tomatoes	7 – 19oz can (540mL) or 3.2L
	1 Tbsp (15mL)	chili powder	1/3 cup (90mL)
	½ cup (125mL / 60g)	grated cheddar cheese	3 cups / 14oz (750mL / 375g)

Method:



Sauté onion, green pepper and garlic in oil until onions are golden brown. Add beef and cook until well browned. Transfer to large cooking pot. Stir in kidney beans, tomatoes, tomato paste, chili powder and salt. Simmer uncovered for 45 - 50 minutes. Add more chili before serving if desired. Serve into bowls and top a sprinkle of cheddar cheese.

HEALTHFUL TIPS:

- Select lean ground beef for this recipe or alternatively purchase regular ground beef and rinse under hot water (see below for more details).
- For best results, allow time for the chili to simmer, the longer it simmers the fuller the flavour.
- Veggie Ground Round may be used to replace ground beef, not only is it healthier, but it does not need to be browned – just heat then add the remaining chili ingredients (allow ≈ 50g per serving).
- Consider a combination of light (less than 20% MF) and regular cheddar cheese; this will reduce the amount of fat added to this meal.

Marketing Guide for Specific Items:

- The different grades of ground beef cannot have more than a specified amount of fat:
 - extra lean → no more than 10% fat
 - lean → no more than 17% fat
 - medium → no more than 23% fat
 - regular → no more than 30% fatRinsing cooked ground beef can reduce the fat content, rinsed regular ground beef crumbles actually has less fat than that of lean ground beef crumbles.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp

MACARONI & CHEESE DAY

Macaroni, Chicken and Cheese ✓

Whole Grain Bun ✓✓

Veggies and Dip (15mL) ✓✓

Chocolate Milk (250mL) ✓

Macaroni

You will need:



- Large Cooking Pot(s)
- Large Colander(s)
- Measuring Cups/Spoons
- Chopping Knife(s)
- Chopping Board(s)
- Cheese Grater
- Plate/container/utensils for Serving

Ingredients:



Serves 4		Serves 50	
5 cups (1.25L)	water	15qts (10L)	
1 cup (250mL)	whole grain macaroni	12½ cup (3L)	
¼ cup (60mL)	1% milk	3 cups (750mL)	
2 Tbsp (30mL)	margarine	1½ cups (375mL)	
¼ tsp (2mL)	dry mustard	1 Tbsp (15mL)	
¼ tsp (2mL)	pepper	1 Tbsp (15mL)	
½ cup (60g)	medium cheddar cheese	1lb 10oz (750g)	
½ lb (225g)	chicken breasts, cooked & diced	6lb (2.8kg)	

Method:



Bring water to a boil. Slowly add the macaroni, stirring constantly. Cook for 8 – 10 minutes until the macaroni is tender. Drain well. Stir milk into the macaroni, add the margarine. Add the cheese and stir well. Once cheese is melted mix in cooked chicken and serve.

HEALTHFUL TIPS:

- Using a combination of light (less than 20% MF) and regular cheese is an excellent idea; this will significantly reduce the fat content of this recipe. Alternatively, try using 'medium' or 'old' cheddar cheese, the stronger flavour will go further therefore less cheese is required.
- Purchasing pre-cooked chicken eases the preparation of this recipe. Pre-cooked chicken breasts are available in grocery wholesale stores.
- For the veggie dip watch portion size. If using a low fat dip or dressing serve up to 15mL. If it is a regular dip or dressing keep portion size to 10mL.

Marketing Guide for Specific Items:

- Purchasing pre-shredded cheese will reduce preparation time.

To analyze a variation of this recipe or your own recipe go to:

www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp