

# 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



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](http://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

- 🍎 For health permit regulations contact your local 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; many other options can be found on: [www.brandnamefoodlist.ca](http://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 for 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).

**Fun! Fun! Fun!**

- 🍎 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.

## SUGGESTED MENUS

### Hot Dog Day

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

### Taco Salad Day

Taco Salad ✓✓  
Baked! Tortilla Chips ✓✓  
Fruit Source Bar ✓  
Milk (250mL) ✓✓

### Cool Pizza Day

Cool Pizza Slice ✓✓  
Oatmeal to Go Bar (Oats & Honey) ✓✓  
Yogurt ✓✓  
100% Fruit Juice (250mL) ✓

### Pita Pocket Day

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

### Taco Day

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

### Spaghetti Day

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

# FOOD LISTS FOR SIDE ITEMS

✓✓ is Choose Most  
✓ is Choose Sometimes

## Vegetables & Fruit

- ✓✓ Fresh Fruit or Vegetable
- ✓✓ Bolthouse Farms Carrots with Dip, 85g
- ✓✓ Del Monte Fruit Bowls, in Fruit Juice, 112.5g
- ✓✓ Dole Fruit Bowls, in Fruit Juice (Pineapple Chunks), 185mL
- ✓✓ Dole Fruit Bowls, in Fruit Juice (Tropical Fruit), 107g
- ✓✓ Mott's Fruitsations, Unsweetened, 111g
- ✓✓ Dole Squish'ems! Squeezable Fruit Snack, 90g
- ✓✓ Presidents Choice Mini Chefs Zippy Fruit (Raspberry, Strawberry) 20g
- ✓✓ Kettle Valley Dried Fruit (Real Fruit Snack), 40g
- ✓✓ Kettle Valley Dried Fruit (Frunola High Fibre Fruit Bar), 50g
- ✓✓ Green Tree Apple Chips (All flavours), 22g
- ✓✓ Christies Fig Newtons, 55g pkg of 4
- ✓ 100% Fruit Juice (250mL)
- ✓ Del Monte Fruit Bowls, in light fruit juice syrup or light syrup (Mandarin, Raspolicious, Very Very Cherry), 112.5g
- ✓ Del Monte Fruit Salad, in light fruit juice, 142mL
- ✓ Dole Fruit Bowls, in light syrup (Pears, Peaches, Fruit Salad, Lots-o-Cherries), 107g
- ✓ Dole Fruit Bowls, in Fruit juice concentrate (Fruit Salad), 107g
- ✓ Dole Fruit Bowls, in gel 198g or 123g
- ✓ Mott's Fruitsations, Sweetened (Mango/Peach, Raspberry, Strawberry, Pear), 113g
- ✓ Dole Parfait (Apples & Carmel, Pineapple & Crème), 123g
- ✓ Hunt's Squeeze 'N Go Tubes (Appleblend, Straw/Kiwi), 70g
- ✓ Breyers Real Fruit Ice Bars (Orange), 50mL
- ✓ Frito Lay Baked Ruffles, Cheddar & Sour Cream, 32g
- ✓ Frito Lay Baked Potato Chips (Original & BBQ), 32g
- ✓ Sun-Rype Fruit Source Bars (All Flavours), 37g
- ✓ Sun-Rype Fruit-To-Go Bars (Straw, Rasp only), 14g

## Grain Products

- ✓✓ Kellogg's All Bran Bars (Original), 30g
- ✓✓ Kellogg's 2 Scoops Raisin Bran Bar, 30g
- ✓✓ Quaker Oatmeal to Go (Oats & Honey), 47g
- ✓✓ Quaker Oatmeal to Go (Wildberry), 47g
- ✓✓ PC Blue Label Crunchy Oat Cookies, 23g
- ✓✓ Kashi Bar (Cherry Dark Choc), 35g
- ✓✓ Baked! Doritos Tortilla Chip (Nacho Cheese), 50g
- ✓ General Mills Cheerios Snack Mix (Honey Nut Crunch), 28g
- ✓ Goldfish Crackers (Original & Cheese Trio), 30g & (Cheddar), 28g
- ✓ Kellogg's Nutrigrain Munch'ems (Honey Oat, Brown Sugar Cinnamon), 30g
- ✓ Kellogg's Special K Bar (Special K, Vanilla Almond), 29g, & (Red Berries), 30g & (Satisfaction), 54g
- ✓ Kellogg's Rice Krispie Square Bar, 37g
- ✓ Nature's Valley Crunchy Granola Bar (Apple Crisp, Maple Brown Sugar), 42g
- ✓ Western Classics Cereal Bars (Appleberry, Blueberry, Raspberry, Strawberry), 37.5g
- ✓ Frito Lay Baked Doritos (Nacho Cheese), 32g
- ✓ Kernel's Popcorn (Buttersalt), 25g
- ✓ English Bay Schoolhouse Cookie Dough (Apple, Carmel, Choc Chip, Oatmeal Raisin, White & Dark Choc Chunk), per 43g (1 cookie)

For more ideas on substitutions go to: [www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)

# EXCHANGES FOR SIDE ITEMS

✓✓ is Choose Most  
✓ is Choose Sometimes

## Milk & Milk Alternatives

- ✓✓ Milk (Skim, 1%, 2% & Homo), [250mL
- ✓✓ Danone Silhouette Smoothie (Field Berry), 200mL
- ✓✓ So Good Fortified Soy Beverage (Original), 250mL
- ✓✓ So Nice Organic Fortified Soy Beverage (Original & Vanilla), 250mL
- ✓✓ Island Farms 2% Yogurt, Stirred Orange 125g
- ✓✓ Island Farms 2% Yogurt, Stirred (Raspberry/ Strawberry), 125g & 175g
- ✓✓ Island Farms Fat Free Yogurt, stirred (Strawberry & Peach), 125g & 175g
- ✓✓ Astro Naturally Flavoured 1% Yogurt (Ass't Flavours), 100g
- ✓✓ Dairyland Nature's Treat (Ass't Flavours), 100g
- ✓✓ Black Diamond Cheese Sticks (Mozzarella, Marbelicious), 21g
- ✓✓ Breyers Creamsicle, 75mL
- ✓✓ Breyers Fat Free Ice Cream Double Churned (Vanilla), 125mL
- ✓ Milk To Go (2% Plain, Chillin' Choc, Straw Splash) 350mL
- ✓ Chocolate Milk (1% or 2%), 250 mL
- ✓ So Good Fortified Soy Beverage (Vanilla, Strawberry & Choc), 250mL
- ✓ So Nice Organic Fortified Soy Beverage (Choc), 250mL
- ✓ Yoplait Yop (Raspberry, Strawberry, Straw/Banana), 200mL
- ✓ Astro BioBest Vitalite (Asst Flavours), 100g
- ✓ Astro Smooth & Fruity Yogurt (Asst Flavours), 100g
- ✓ Dairyland Classic Yogurt (Ass't Vanilla Flavours), 125g
- ✓ Dairyland Stirred Yogurt; Fieldberry, Peach, Raspberry, Strawberry, 125mL
- ✓ Dairyland Spoon 'n Go Yogurt (Ass't Flavours), 125mL
- ✓ Island Farms 2% Vanilla Plus Yogurt (Ass't Flavours), 125g & 175g
- ✓ Island Farms 2% Yogurt (Ass't Flavours), 125g & 175g
- ✓ Western Classics Ultimate Yogurt (Ass't Flavours), 125mL
- ✓ Yoplait Creamy Yogurt, Stirred (Ass't Flavours),
- ✓ Yoplait Yogurt Tubes (Ass't Flavours), 60g
- ✓ Del Monte Frozen Yogurt Bar (Peach & Straw), 50g

## Meat & Meat Alternatives

- ✓✓ Butterball Turkey Franks, 56g
- ✓✓ Eating Right Steakhouse Beef Burgers (Extra Lean), 113g
- ✓✓ Grimm's High Health Turkey Smokie, 75g
- ✓✓ M & M Meat Shop Veggie Burgers, 65g
- ✓✓ Yves Tofu Dogs, 46g
- ✓ Maple Leaf 33% Less Fat Hot Dogs, 56g
- ✓ Yves Veggie Burger, 75g
- ✓ Yves Hot 'n Spicy Chili Veggie Dog, 46g

For more ideas on substitutions go to: [www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)

## APPENDIX

### MEAL PLAN DETAILS & RECIPES

## HOT DOG DAY

Hot Dog with Whole Grain Bun ✓  
Veggies and Dip (15mL) ✓✓  
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**
  - Grimm's Turkey Smokie, 75 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**
  - Schneider's Oh Nature!, 47g (non-meat alternative)**
  - Yves® Hot'n'Spicy Chili Veggie Dog, 46g (non-meat alternative)**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, be careful with portion size. If using a low fat dip or dressing serve up to 15mL. If it is a regular dip or dressing portion size is limited to 10mL.

### Market Guide for Specific Items:

- Quantities of whole grain hot dog buns are available by special order from some bakeries. Contact your local bakery to confirm this and inquire about the lead time they require.

**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](http://www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp)

# TACO SALAD DAY

- Taco Salad ✓✓
- Baked! Tortillas (Nacho Cheese) ✓✓
- 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:



	<b>Serves 8</b>	<b>Fixings</b>	<b>Serves 50</b>
	¾ lb (350 g)	extra lean ground beef	5 lbs (2.2 kg)
	1 – 35 g package	taco seasoning (↓ salt)	5 – 35 g packages
	10 cups (2.5 L)	red or green leaf lettuce	11 lb (5 kg)
1 - 19 oz can (540 mL)	kidney beans, drained/rinsed	6 - 19 oz can (540 mL) or 3.4 L	
2 cups (500 mL)	red peppers, chopped	4 lb (2 kg)	
½ cup (125 mL)	green onions, chopped	¾ lb (340 g)	
2 cups (500 mL)	tomatoes, chopped	5 lb (2.3 kg)	
5 oz (135 g)	shredded cheddar cheese	1 lb 14 oz (845 g)	
		<b>Dressing</b>	
1 cup (250 mL)	salsa	6¼ cups (1.5 L)	
¼ cup (60 mL)	low fat yogurt	1½ cups (375 mL)	
2 Tbsp (30 mL or 30 g)	light sour cream	¾ cup (185 mL or 185 g)	
2 Tbsp (30 mL)	light mayonnaise	¾ cup (185 mL)	
1 tsp (5 mL)	white wine vinegar	2 Tbsp (30 mL)	
1 tsp (5 mL)	chili powder	2 Tbsp (30 mL)	
1 tsp (5 mL)	black pepper	2 Tbsp (30 mL)	

### Method:



Brown ground beef in a sauté pan, drain fat then add taco seasoning. Cook as directed on the seasoning package. Wash and tear lettuce into bite sized pieces, place in large mixing bowl. Prepare other fixings and 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.
- Sprinkle on the cheese (i.e. about 2 Tbsp). Using a combination of light cheese (less than 20%MF) and regular cheese will lower the fat content.

## Market 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 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. Packaged low fat salad dressings can be up to 15mL serving sizes. Regular must be in 10mL servings.

**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](http://www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp)

# COOL PIZZA DAY

- Cool Pizza Slice ✓✓
- Oatmeal to Go Bar (Oats & Honey) ✓✓
- Yogurt ✓✓
- 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
		<b>Spread</b>	
	½ cup (125 g)	light cream cheese	2.2 lb (1 kg)
	1 Tbsp (15 mL)	light mayonnaise	½ cup (125 mL)
	1 clove	garlic	8 cloves
	1 tsp (5 mL)	dill	3 Tbsp (45 mL)
		<b>Topping</b>	
	½ cup (125 mL)	chopped broccoli florets	1 lb (400 g)
	½ cup (125 mL)	chopped red pepper	1½ lb (6 kg)
	½ cup (125 mL)	chopped zucchini	1¼ lb (.5 kg)
	½ cup (125 mL)	grated carrot	1¼ lb (.5 kg)
	¾ cup/ 3 1/2 oz (100 g)	grated cheddar cheese	1 lb 14 oz (835 g)

### 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 makes this entrée healthier by adding more fibre. This entrée remains a '**choose sometimes**' food when a white crust is selected.
- 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.
- To select a '**choose most**' yogurt for this meal review the yogurt choices on the Brand Name Food List

## Market 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](http://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

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

#### Pita Filling

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

#### Serves 50

- 7 lb 5 oz (3.5 kg)
- 1 lb 12 oz (825 g)
- 3¾ lb (320 g)
- 1½ lb (670 g)
- 1½ lb (670 g)
- 25

#### Dressing

- |               |                        |                 |
|---------------|------------------------|-----------------|
| 2 tsp (10mL)  | lemon juice            | 1 cup (250 mL)  |
| ½ tsp (2.5mL) | curry powder <b>or</b> | ¼ cup (60 mL)   |
| ¼ tsp (2mL)   | curry paste            | 2 Tbsp (30 mL)  |
| 3 Tbsp (45mL) | light mayonnaise       | 4½ cups (1.1 L) |

### Method:



Drain tuna and put into large bowl. Core apple and finely chop. Wash then finely chop the celery and onion. Add apple, celery and onion to the tuna. Mix dressing ingredients together. Wash lettuce and tear into large pieces. Cut pita pockets in ½ place 2 - 3 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 adds nice colour.
- Canned tuna should be eaten in moderation due to mercury levels. Children age 2-12 should limit their servings of canned to 3 per month. For further information on mercury and fish see: [www.bchealthguide.org/healthfiles/pdf/hfile68m.pdf](http://www.bchealthguide.org/healthfiles/pdf/hfile68m.pdf).
- Select tuna packed in water as a healthier choice.

## Market 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](http://www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp)

# TACO DAY

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

### Method:



If using ground beef, brown and drain any fat. Wash lettuce then cut into strips and put in large serving bowl. Wash tomatoes and 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.

## Market 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
  - 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 lean ground beef crumbles.
- Squish'ems is a squeezable fruit 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](http://www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp)

# SPAGHETTI DAY

- Spaghetti & Meat Sauce ✓✓
- Whole Grain Bun ✓✓
- Fruitsation (unsweetened) ✓✓
- Chocolate 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:



	<b>Serves 8</b>		<b>Serves 50</b>
	1½ lb (500 g)	extra lean ground beef	8 ½ lb (3.8 kg)
	1 cup (250 mL)	onion, chopped (optional)	2.2 lb (1 kg)
	1 tsp (5 mL)	granulated garlic	2 Tbsp (30 mL)
	½ tsp (2.5 mL)	pepper	1 Tbsp (15 mL)
	1-19oz can (540 mL)	canned diced tomatoes	6 – 19 oz (540 mL) cans or 3.2 L
	1 – 6oz can (156 mL)	tomato paste	6 – 6 oz (156 mL) cans
	1 Tbsp (15 mL)	sugar	6 Tbsp (90 mL)
	2 Tbsp (30 mL)	Italian spice mix	¾ cup (200 mL)
	7 oz (180 g)	enriched spaghetti	2 lb 8 oz (1.1 kg)
	7 oz (180 g)	whole grain spaghetti	2 lb 8 oz (1.1 kg)
	1 cup (250 mL)	parmesan cheese	1 lb (500 g)

### Method:



Brown ground beef and drain off the fat. Add onions and cook for 5 minutes. Add granulated garlic, pepper, tomatoes, tomato paste and Italian spice. 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.

## Market 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 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](http://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:



	<b>Serves 6</b>		<b>Serves 50</b>
	1 - 19oz can (540 mL)	can stewed tomatoes	9 – 19 oz can (540 mL) or 4.9 L
	1 - 14oz can (398 mL)	brown beans in tomato sauce	9 – 14 oz can (398 mL)
	1 cup (250 mL)	water	8¼ cups (2.1 L)
	¼ cup (60 mL)	chopped onion	¾ lb (340 g)
	½ tsp (2.5 mL)	dried basil	1 Tbsp (15 mL)
	½ tsp (2.5 mL)	dried parsley	1 Tbsp (15 mL)
	1 cup (250 mL / 120 g)	shredded cheddar cheese	2 lbs (960 g)
		<i>Optional:</i>	
	1 cup (250 mL)	Fresh tomato chopped	3 lb 5 oz (1.4 kg)
	5 oz (140 g)	Fresh spinach chopped	2.5 lb (1.1 kg)

### 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 shredded cheddar cheese (≅ 2 Tbsp).

## 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.

## Market Guide for Specific Items:

- Large cans 2.8L of canned tomatoes are available from grocery wholesalers and at some large grocery stores at a very economic price.
- If opting for the spinach, consider buying frozen or 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](http://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		Serves 50
		<i>Filling:</i>	
	10 oz (300 g)	romaine lettuce	4 lb (1.8 kg)
	1 lb (450 g)	cooked chicken breast	6 lb (2.8 kg)
	8	10" whole grain tortilla rounds	50
		<i>Dressing:</i>	
	½ cup (125 mL)	Caesar	3 cups (750 mL)
	(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.

## HEALTHFUL TIPS:

- Selecting a light or low calorie dressing would reduce the fat in this recipe. As well, combining a regular and low fat or light dressing would lower the fat content. Implementing either of these tips would permit more dressing per wrap.

## Market 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. Unfortunately these flavoured tortilla wraps are lower in fibre, opting for one of these as an alternative changes this menu item to a **'choose sometimes'** choice.

**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](http://www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp)

# CHILI CON CARNE DAY

- Chili Con Carne ✓✓
- Whole Grain Bun ✓✓
- Yogurt Tube ✓
- 100% Fruit Juice (1250mL) ✓

## 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:



	<b>Serves 8</b>		<b>Serves 50</b>
	1 cup (250 mL)	onion, chopped	2.2 lb (1 kg)
	½ cup (125 mL)	green pepper, chopped	1 lb (450 g)
	1 clove	garlic, minced	6 cloves
	1 Tbsp (15 mL)	canola oil	6 Tbsp (15 mL)
	1 lb (450 g)	extra lean ground beef	7 lb (3 kg)
	1 - 14 oz can (398 mL)	kidney beans	6 - 14 oz can (398 mL)
	1 - 6 oz can (156 mL)	tomato paste	7 - 6 oz can (156 mL)
	1 - 19 oz can (540 mL)	diced tomatoes	7 - 19 oz can (540 mL) or 3.2 L
	1 Tbsp (15 mL)	chili powder	1/3 cup (90 mL)
	1¼ cup (300mL / 135g)	grated cheddar cheese	1 lb 14 oz (845 g)

### 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 with cheddar cheese (2½ tablespoons).

## 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 (for the veggie ground round allow  $\cong$  50g per serving).
- For the cheddar cheese, consider a combination of light (less than 20% MF) and regular to reduce the amount of fat in this meal.

## Market 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 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](http://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:



	<b>Serves 4</b>		<b>Serves 50</b>
	5 cups (1.25 L)	water	15 qts (10 L)
	1 ¼ cup (300 mL)	whole grain macaroni	15 cups (3.75 L)
	¼ cup (60 mL)	1% milk	3 cups (750 mL)
	2 Tbsp (30 mL)	margarine	1½ cups (375 g)
	¼ tsp (2 mL)	pepper	1 ½ Tbsp (25 mL)
	¾ cup (185 ml or 75 g)	medium cheddar cheese	2 lb (950 g)
	½ lb (225 g)	chicken breasts, cooked & diced	6 lb (2.8 kg)

### 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.
- 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.

## Market Guide for Specific Items:

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

**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](http://www.dietitians.ca/public/content/eat_well_live_well/english/recipeanalyzer/recipeanalyzer.asp)