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)
- 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

Milk and Alternatives

Higher Nutritional Value

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

<table>
<thead>
<tr>
<th>Check nutrient criteria to determine if the following products can be sold as À La Carte Items.</th>
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</thead>
<tbody>
<tr>
<td>Saturated fat ≤ 3 g</td>
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<tr>
<td>Sodium ≤ 180 mg</td>
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<tr>
<td>Sugar ≤ 20 g</td>
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</table>

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

<table>
<thead>
<tr>
<th>2 cups (500 ml) popped corn</th>
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<tbody>
<tr>
<td>Sodium ≤ 250 mg</td>
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<tr>
<td>Sugar ≤ 9 g</td>
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Meat and Alternatives

Higher Nutritional Value

- Hummus
- Egg
- Nut butter *
- Nuts and seeds, no sugar or salt added*

* for schools that allow nuts