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

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 $\leq 3$ g
- Sodium $\leq 180$ mg
- Sugar $\leq 26$ g

Examples:
- 1 cup flavoured milk (250 ml)
- 1 cup flavoured soy beverage (250 ml)

**MILK ALTERNATIVES**

- Saturated fat $\leq 3$ g
- Sodium $\leq 180$ mg
- Sugar $\leq 20$ g

Examples:
- ¾ cup flavoured yogurt (175 g)
- 200 ml flavoured yogurt drink
- 125 ml frozen yogurt
- 125 ml pudding (ready to serve)

Meat and Alternatives

Higher Nutritional Value

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

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

- 2 cups (500 ml) popped corn
- 35 g muffin
- 30-38 g granola bar
- 2 medium rice cakes
- 30 g crackers

First ingredient is whole grain

- Saturated fat $\leq 2$ g
- Sodium $\leq 250$ mg
- Sugar $\leq 9$ g

* (for schools that allow nuts)