

The following are a list of options for meals and snacks. Remember to ask your caterer if they can provide locally produced foods and beverages.

Food Category	Quantity Ordered
<p>Beverages</p> <ul style="list-style-type: none"> <input type="checkbox"/> Water (Water in pitcher preferred) <input type="checkbox"/> 2% or less milk or milk alternative <ul style="list-style-type: none"> <input type="checkbox"/> White <input type="checkbox"/> Chocolate <input type="checkbox"/> Fortified soy beverage and/or other milk alternative <input type="checkbox"/> Assorted <input type="checkbox"/> 100% fruit juice (maximum 250 ML servings) <ul style="list-style-type: none"> <input type="checkbox"/> Orange <input type="checkbox"/> Apple <input type="checkbox"/> Grapefruit <input type="checkbox"/> Assorted <input type="checkbox"/> 100% Vegetable juice (maximum 250 ML servings) <ul style="list-style-type: none"> <input type="checkbox"/> Low sodium tomato <input type="checkbox"/> Assorted <input type="checkbox"/> Coffee and tea <ul style="list-style-type: none"> <input type="checkbox"/> Regular and decaf coffee <input type="checkbox"/> Regular and herbal tea <input type="checkbox"/> 2% or less milk and/or milk alternatives <input type="checkbox"/> Sugar and/or honey, and sugar substitute 	
<p>Breakfast Made sure to include at least 3 of the 4 food groups <input type="checkbox"/></p> <ul style="list-style-type: none"> <input type="checkbox"/> Fruit <ul style="list-style-type: none"> <input type="checkbox"/> Whole <input type="checkbox"/> Sliced/skewers <input type="checkbox"/> Salad <input type="checkbox"/> 2% or less yogurt dip <input type="checkbox"/> Wholegrain muffins (mini or cut in half) <input type="checkbox"/> Wholegrain bagels (mini or cut in half) <ul style="list-style-type: none"> <input type="checkbox"/> Peanut butter <input type="checkbox"/> Low-fat cream cheese <input type="checkbox"/> Jam/jelly or fruit spread <input type="checkbox"/> 2% or less yogurt <ul style="list-style-type: none"> <input type="checkbox"/> Plain <input type="checkbox"/> Flavoured <input type="checkbox"/> Granola <input type="checkbox"/> Hot or cold whole grain cereals with skim, 1%, or 2% milk <input type="checkbox"/> Eggs <ul style="list-style-type: none"> <input type="checkbox"/> Scrambled <input type="checkbox"/> Boiled <input type="checkbox"/> Frittata (with vegetables) <input type="checkbox"/> Omelet (with vegetables) 	
<p>Snacks - Made sure snacks include at least 2 of the 4 food groups <input type="checkbox"/></p> <ul style="list-style-type: none"> <input type="checkbox"/> Fruit <ul style="list-style-type: none"> <input type="checkbox"/> Whole <input type="checkbox"/> Sliced/skewers <input type="checkbox"/> Salad <input type="checkbox"/> 2% or less yogurt dip <input type="checkbox"/> Vegetable tray <ul style="list-style-type: none"> <input type="checkbox"/> Low-fat dip <input type="checkbox"/> Hummus <input type="checkbox"/> Lower fat cheese tray (less than 20% milk fat) <ul style="list-style-type: none"> <input type="checkbox"/> Wholegrain crackers <input type="checkbox"/> Wholegrain muffins (mini or cut in half) 	

<input type="checkbox"/> Wholegrain bagels(mini or cut in half) <ul style="list-style-type: none"> <input type="checkbox"/> Peanut butter <input type="checkbox"/> Low-fat cream cheese <input type="checkbox"/> Jam/jelly or fruit spread <input type="checkbox"/> Yogurt (2% milk fat or less) <input type="checkbox"/> Tortilla chips <ul style="list-style-type: none"> <input type="checkbox"/> Salsa <input type="checkbox"/> Black bean dip <input type="checkbox"/> Low fat yogurt parfaits	
Lunch/supper Made sure to include at least 3 of the 4 food groups <input type="checkbox"/>	
<input type="checkbox"/> Wholegrain Sandwiches, Pitas or Wraps <ul style="list-style-type: none"> <input type="checkbox"/> Sliced chicken breast <input type="checkbox"/> Sliced turkey breast <input type="checkbox"/> Lean beef <input type="checkbox"/> Lean ham <input type="checkbox"/> Salmon (with low-fat mayo) <input type="checkbox"/> Tuna(with low-fat mayo) <input type="checkbox"/> Egg (with low-fat mayo) <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Vegetables (tomato, lettuce, onion, etc.) <input type="checkbox"/> Salad <ul style="list-style-type: none"> <input type="checkbox"/> Mixed greens <input type="checkbox"/> Spinach <input type="checkbox"/> Nuts <input type="checkbox"/> Fruit <input type="checkbox"/> Cheese (less than 20% milk fat) <input type="checkbox"/> Low-fat dressing on the side <input type="checkbox"/> Vegetable tray <ul style="list-style-type: none"> <input type="checkbox"/> Low-fat dip <input type="checkbox"/> Hummus <input type="checkbox"/> Main Dish/Entrees (prepared with little or no added fat or salt) <p>Steamed poached, baked or broiled:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lean meat <input type="checkbox"/> Chicken <input type="checkbox"/> Turkey <input type="checkbox"/> Fish <input type="checkbox"/> Vegetarian <input type="checkbox"/> Two vegetables <input type="checkbox"/> Soups <ul style="list-style-type: none"> <input type="checkbox"/> Tomato <input type="checkbox"/> Broth based <input type="checkbox"/> Vegetable soup 	
Desserts	
<input type="checkbox"/> Fruit <ul style="list-style-type: none"> <input type="checkbox"/> Whole <input type="checkbox"/> Sliced/skewers <input type="checkbox"/> Salad with 2% or less yogurt dip <input type="checkbox"/> Fruit crumbles or bread _____ <input type="checkbox"/> Small cookies made with whole grains and/or fruit _____ <input type="checkbox"/> Low fat yogurt parfaits _____	