

# Higher Nutritional Value Choices For School Events and Barbecues

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If you are planning to sell, serve or offer foods or beverages at a school/community event, here are some ideas to consider from each of the food groups. Please refer to Policy 711 Appendix A: Food and Beverage Requirements for more ideas.

## Vegetables and Fruit\*

- Fresh whole fruit
- Sliced fruit tray
- Veggie tray
- Tossed salad
- Potatoes
- Corn on the cob
- Vegetable kabobs
- Fruit kabobs
- Freshly made fruit and/or vegetable smoothies

## Milk and Alternatives

- Plain milk (2% MF or less)
- Freshly made fruit and/or vegetable smoothies
- Fortified unsweetened soy milk
- Hard cheese
- Pudding mix prepared with milk
- Flavoured yogurt that meets criteria

## Whole Grain Products

- Whole grain buns
- Whole grain tortillas
- Whole grain bread
- Whole grain pita
- Whole grain mini pitas

## Meat and Alternatives\*

- Hummus
- Baked beans
- Eggs
- Chicken, turkey
- Beef, pork
- Lean or extra lean ground meat
- Fish, seafood canned fish
- Traditional meat and wild game

*These products will not be served, sold or otherwise offered: Bologna, wiener/hot dog, pepperoni, salami*

*\*Does not include previously fried or commercially breaded or battered products*

# Menu Ideas for School Events and Barbecues

If you would like to sell, serve or offer a complete meal at your school event, the lists below provide menu options that you can combine to include all of the food groups. Vegetables and Fruit✓✓ Grain Products✓ Milk & Alternatives✓ Meat & Alternatives✓

## Beverage Choices

- Water
- Milk (2% MF or less) or fortified unsweetened soy beverage ✓

## Entrées

- Chili made with lean ground beef, served with mini whole wheat pita rounds ✓✓✓
- Vegetarian chili with rice ✓✓✓
- Whole grain pasta with cheese sauce made from hard cheese and reduced fat milk, served with a side of veggie sticks ✓✓✓
- Sheppard's pie made with lean ground beef ✓✓
- Baked potato with spoonful of topping such as chili or cheese and broccoli ✓✓✓
- Pita pizzas ✓✓✓
- Corn on the cob ✓
- Fun shaped pasta topped mixed with home-made pasta sauce with lean ground beef or chicken ✓✓✓
- Meatless or chicken veggie pizza bagels ✓✓✓
- Apple slices and shredded hard cheese wrapped in a whole grain tortilla, grilled in the oven or on the barbecue ✓✓✓
- Toasted sandwich made with hard cheese, served with veggie sticks on the side ✓✓✓
- Tuna melt made with block or shredded cheese on a whole wheat english muffin with salad ✓✓✓✓
- Hamburgers made with lean ground beef ✓✓
- Burgers made with unbreaded grilled chicken or fish ✓✓
- Healthy wraps (grilled chicken, vegetarian, lean/lower sodium ham or turkey slice) ✓✓✓
- Chicken veggie kabobs ✓✓
- Vegetable kabobs (cherry tomatoes, red/yellow/green peppers, squash, onion, mushrooms, snow peas, carrots, broccoli) ✓

## Snacks

- Veggies and hummus ✓✓
- Mini pitas and hummus dip ✓✓
- Whole wheat crackers and chunks of cheese ✓✓
- Air popped popcorn ✓
- Freshly made whole grain muffins ✓
- Celery with soy butter and raisins on top ✓✓

## Dessert Ideas

- Yogurt parfait: vanilla yogurt, berries, bananas, etc. ✓✓
- Fresh fruit ✓
- Snack baggies of grapes ✓
- Frozen grapes ✓
- Freshly made fruit and/or vegetable smoothies ✓✓
- Boxes or baggies of raisins ✓
- Fruit kabobs: pineapple, strawberries, grapes, apples, melons ✓
- Bags of apple slices (slice and toss with a little lemon juice) ✓
- Diced fruit in individual cans or cups (in juice or light syrup) ✓
- Unsweetened puréed fruit or applesauce cups ✓
- Flavoured yogurt that meets Appendix A/B criteria ✓
- 100% dried fruit or dried fruit bar ✓
- Fruit slices and/or berries with yogurt dip ✓✓
- Freshly made popsicles made with yogurt & fruit pieces ✓✓
- Watermelon popsicles: put chunks of watermelon on popsicle sticks and freeze ✓