



A la carte and vending items for a healthy school environment

There are many healthy choices you can provide students either through a la carte, school store or vending sales. To ensure success, survey the students to see what items they would like to buy. Here are just a few ideas that can help steer your students to more healthful choices. For competitive food regulations governing sale of competitive foods in Illinois be sure to consult www.isbe.state.il.us/nutrition or call 1-800-545-7892.



Beverages

- 100% fruit juice (12 oz. can or 4 oz. container)
- Flavored, low-fat in resealable plastic bottles
- Approved sparkling (contact ISBE for list of approved brands) or plain water - unsweetened

Low-fat Grain Foods

- Mini-bagel
- Soft bread sticks
- Cornbread or muffin
- Graham crackers
- Fortune cookies
- English muffin
- Low-fat fruit or grain muffin (i.e.: blueberry, apple, oatmeal)
- Soft pretzel, plain or flavored
- Dry cereal, individual servings
- Cereal or trail mix bags
- Cooked rice with stir-fried vegetables
- Animal crackers
- Pretzels
- Mini rice cakes, flavored
- Low-fat granola or cereal bars

Entrée Options

- Salads made with pasta, meat, and/or vegetables
- Pasta with marinara sauce
- Pizza bagels (or English muffins)
- Baked potato with vegetable or chili topping
- Part-skim string cheese
- Low fat flavored yogurt
- Beef, chicken noodle or vegetable soup
- Bean burrito
- Grilled or baked vegetable or cheese quesadilla
- Sub sandwiches
- Tortilla wraps filled with meat and/or vegetables

Fruits and Vegetables

- In-season, fresh fruit
- 100% fruit snacks or approved dried fruit snacks (contact ISBE for list of approved brands)
- Baked beans
- Mini Carrots with low-fat dip or salad dressing

Treats

- Frozen low-fat yogurt
- Low-fat pudding, plain or as a parfait
- Yogurt splits (yogurt, banana with toppings) or parfaits
- Low-fat sandwich cookies (chocolate or vanilla)
- Fruit bars (fig, strawberry, etc.)
- Frozen fruit bars

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This program has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Services. The content of this presentation does not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial product, or organizations imply endorsement by the U.S. Government.