

QUICK MENU IDEAS

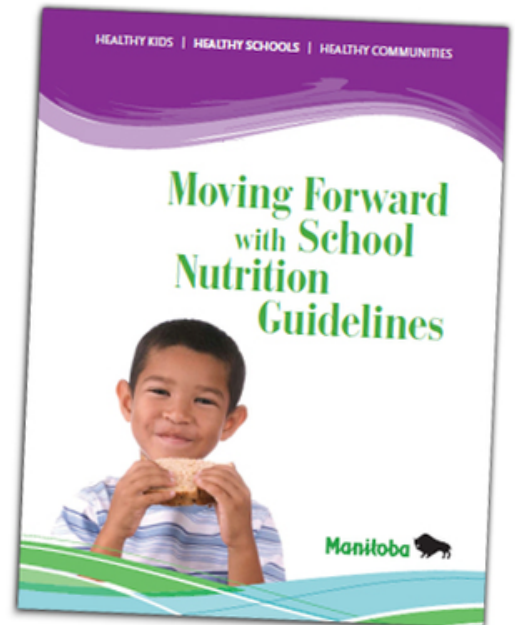
THAT MEET THE MANITOBA SCHOOL NUTRITION GUIDELINES

WHAT TO LOOK FOR:

- When choosing packaged products, use the Moving Forward with School Nutrition Guidelines Nutrition Criteria (page 27), to learn what to look for on ingredient lists and nutrition labels.
- For example, when choosing snack bars, the first ingredient should be a whole grain.
- Most fruits and vegetables will meet the guidelines.
- For dairy products, each serving size contains no more than 10 grams of fat, 250 mg of sodium, and 21 grams of sugar (better choices will have 12 grams or less). Look for choices with a calcium content of 10% Daily Value or more.
- Foods listed in this resource do not address or exclude potential food allergens. If you have questions or concerns, please reach out to your program dietitian!

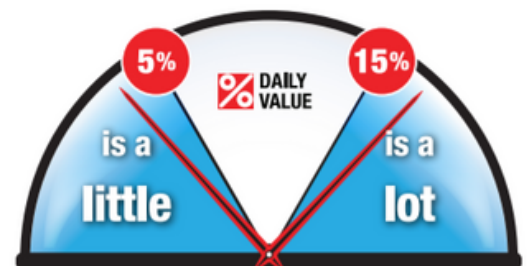
HOW TO USE A NUTRITION FACTS TABLE

- The information in a nutrition facts table is based on the serving size. Please note that different brands of the same product may have different serving sizes.
- Serving size can be found at the top of the nutrition facts table.
- You can use a nutrition facts table to compare the serving size to the amount of food you actually eat.



What is % Daily Value?

The % DV is a guide to help you choose healthier foods. The % DV shows you if a specific amount of food has a little or a lot of a nutrient.



Cracker A

Nutrition Facts	
Per 9 crackers (23 g)	
Amount	% Daily Value
Calories 90	
Fat 4.5 g	7 %
Saturated 2.5 g + Trans 0 g	13 %
Cholesterol 0 mg	
Sodium 280 mg	12 %
Carbohydrate 12 g	4 %
Fibre 1 g	4 %
Sugars 0 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

Cracker B

Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily Value
Calories 90	
Fat 2 g	3 %
Saturated 0.3 g + Trans 0 g	2 %
Cholesterol 0 mg	
Sodium 90 mg	4 %
Carbohydrate 15 g	5 %
Fibre 3 g	12 %
Sugars 1 g	
Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

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Listed below are a few examples of products which meet the Manitoba School Nutrition Guidelines. There are more items that also may meet criteria.

READY TO SERVE ITEMS

- Apple and fruit sauces
- Canned fruit & fruit cups
- Dried fruit
- Fresh fruit and vegetables

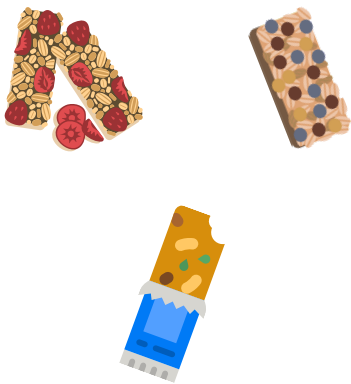
- Most unsweetened applesauce: Mott's Fruitsations, No Name, PC, PC Organics, GoGo squeez, Kirkland Signature
- Choose products packed in juice (not water or syrup or sugar substitutes). i.e. Dole mixed fruit in 100% juice
- Dried products without added sugar or coating: SunMaid raisin mini-packs, dried mango, dried apricot, dried figs
- Mandarin oranges, bananas, pre-cut apple packets, mini carrot packets, snap pea packets, celery packets

- Yogurt cups/tubes
- Individual cheeses
- Individual milk cartons
- Hard boiled eggs
- Hummus
- Nut free spread

- Regular Activia plain & flavoured, Astro Original plain & flavoured
- Black Diamond & No name cheese strings, Babybel original
- Look for 1-2% options
- PC Blue Menu, Brunbrae Farms
- Fontaine Santé mini hummus, President's Choice mini hummus
- Wowbutter Soy Spread Toasted To-Go Cups



- Snack bars
- Granola bars



- Nature Valley Lunch Box: Very Berry, Banana Chocolate Chip, Chocolate Chip
- Nature Valley: Peanut Butter Biscuit, Peanut Butter Chocolate Wafer Bar, Almond Butter Granola Cup, Sweet & Salty Cashew, Soft Baked Muffin Apple Cinnamon
- PC Blue Menu: Berry Blend, Chocolate Chip, Fruit & Nut Mixed Berry, Nut Butter & Peanut Bars
- Kashi Chia Granola Dark Mocha Almond Bars, Chocolate Peanut Butter, Dark Chocolate, Almond & Sea Salt
- PC: Sweet & Salty Dark Chocolate & Almond, Rich & Chewy Chocolate Chip
- PC Organics Fruit, Veggie, & Oat Bars
- Made Good: Apple Cinnamon Nut Free, Chocolate Chip, Mixed Berry
- Dare Bear Paws: Soft Granola Chocolate Chip
- Go Pure Oat Bars: Apple and Cinnamon, Raspberry, Cherry, Strawberry, Banana and Strawberry, Banana and Real Milk Chocolate Chip
- Kirkland Soft & Chewy Chocolate Chip

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Listed below are a few examples of products which meet the Manitoba School Nutrition Guidelines. There are more items that also may meet criteria.

LIMITED PREPARATION ITEMS

<ul style="list-style-type: none"> Frozen fruit and vegetables Canned vegetables Salsa 	<ul style="list-style-type: none"> Most frozen fruit and vegetables will meet the guidelines Rinse canned vegetables to reduce sodium content Choose canned fruits that are packed in 100% fruit juice (not water or syrup or sugar substitutes) Presidents Choice Salsa
<ul style="list-style-type: none"> Hummus Roasted chickpeas (lightly salted) Sliced cheese or cheese strings (100% real cheese) Cottage cheese (dry, no salt added) Nut-free spread Milk (1-2%) or plain fortified soy beverage (as indicated) 	<ul style="list-style-type: none"> President's Choice hummus, Summer Fresh hummus The Good Bean, Three Farmers roasted chickpeas Cracker Barrel, No Name, Armstrong, Bothwell Foremost, Compliments, Dairyland Wowbutter, SunButter (No Sugar Added) Milk, Soy products: Silk Soy beverage Unflavoured, NaturaOrganic Soy Beverage Original 
<ul style="list-style-type: none"> Dry cereal 	<ul style="list-style-type: none"> Cheerios (Original, Multigrain) - General Mills Toasted O's, Honey Nut Toasted Oats, Raisin Bran - Great Value Chex (Regular, Chocolate, Cinnamon, Blueberry) - General Mills Shredded Wheat - Post Life (Original) - Quaker Oatmeal Squares (Original) - Quaker Puffed Wheat (Original), PC All-Natural Puffed Wheat Cereal All-Bran (Flakes, Multi-Grain Crunch), Just Right (Original) - Kellogg's Special K (Vanilla Almond) - Kellogg's Oatmeal packets (Original, Lightly Sweetened Apple and Cinnamon) - Quaker
<ul style="list-style-type: none"> Crackers 	<ul style="list-style-type: none"> Triscuits (All flavours) - Christie Premium Plus (Whole Wheat) - Christie Breton Bites (Original, Super Grain, Veggie) - Christie Goldfish (Whole Grain) - Pepperidge Farm Rustic Flatbreads (Multiseed), Melba Toast Whole Grain - Grissol Wheat Squares - President's Choice Crispbreads (All flavours) - Ryvita Baked Pita Crackers (Chia & Quinoa) - President's Choice Baked Crackers (Thin Wheat, Woven Wheats) - Great Value Breton Bites on the Go Packs (Veggie, Original) - Dare
<ul style="list-style-type: none"> Rice cakes 	<ul style="list-style-type: none"> Unsalted, White Cheddar - No Name Original, Multigrain, Cheddar Cheese - Compliments (Sobeys) Original, Tomato & Basil, White Cheddar, Butter Popcorn - Quaker Whole Grain Rice Cakes - Western Family (Save on Foods) Brown Rice Cakes - Lundberg
<ul style="list-style-type: none"> Popcorn 	<ul style="list-style-type: none"> Blue Menu Microwave Popping Corn, Compliments Balance Natural Popping Corn, Orville Redenbacher's Popcorn Kernels