

Healthy School Lunch Fundraisers – PAC Menus that Make the Grade!



With a bit of planning PAC lunch menus can easily meet the criteria outlined in the “Guidelines for Food and Beverage Sales in BC Schools 2007” found at:

www.bced.gov.bc.ca/health/health_publications.htm

The following tips provide some recommendations for menu planning. Included are examples of menu items that meet the guidelines for food and beverage sales.

At least 50% of your lunch choices need to be ‘Choose Most’ (CM) items. The rest need to be ‘Choose Sometimes’ (CS) items.

SD67 PAC menu ideas are listed below. This is not an exhaustive list. Brand names are given as examples of items that have been assessed. Call Dial-A-Dietitian (1-800-667-3438) for other brand options or to ask about specific items not mentioned in this resource.

Helpful Resources:

1. “Healthier Foods: How to Make Fun-Fast-Food Healthier for Students”
http://www.bced.gov.bc.ca/health/healthier_foods.pdf
2. Visit the Dial-A-Dietitian website at www.dialadietitian.org for their contact information and healthy eating tips
3. A brand name food and beverage list is available at www.brandnamefoodlist.ca. You can click on the link to find out whether a meal or snack has been classified according to the Guidelines criteria. You can also search for meal ideas resulting in a list of brand options that have been rated for you to choose from and shop for.

SD67 Menu Planning Tips:

1. A balanced meal includes at least one serving from each of the four food groups in “Eating Well with Canada’s Food Guide” http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html
2. At each lunch, include at least 50% ‘Choose Most’ items. If the main entrée is a ‘Choose Sometimes’ item, offer ‘Choose Most’ side options to boost nutrients in the meal.
3. A main entrée or combo meal requires a vegetable or fruit serving to be ‘Choose Most’. It also requires ingredients from at least three food groups, including a vegetable or fruit serving, to be ‘Choose most’.
4. Choose fresh, wholesome ingredients over packaged processed ingredients when ever possible.
5. Watch out for sodium levels in deli-style meats, jarred or packaged pasta sauces and pre-mix, canned or frozen soups. They are usually too high in sodium and rarely meet the guidelines for sale in schools. Look for meat with less than 450 mg sodium per serving, soup with less than 600 mg per serving and pasta sauces with less than 300 mg per ½ cup serving.

6. Limit condiments to 0-2 portions and serve condiments on the side whenever possible such as salad dressings. See page.18 of the Guidelines for Food and Beverage Sales in BC Schools, revised September 2007, for portion sizes of various condiments and add-ins.

Getting Started:

1. Contact the Health Protection Department at your local Health Centre to ensure the necessary food safety measures are in place for food service and to discuss which suppliers can offer safe food for large orders.
2. Start by choosing an entrée item.
3. If the entrée item does not include vegetables or fruit, serve on the side as part of a combo meal or add as an extra item for sale on the menu.
4. Add side items and beverages starting with the food group that is missing in the main entrée. i.e. if the main entrée does not include a dairy product, add yogurt or milk to the lunch menu.
5. Use whole grains whenever possible. Examples include whole grain bread, buns, tortillas, pasta noodles, and pizza crust.
6. When choosing packaged or processed foods check food labels by comparing against the appropriate food grouping criteria in the Guidelines for Food and Beverage Sales or call Dial-A-Dietitian to ask about specific products. Visit the brand name food list website to check the 'choose' category of various products.
7. When ordering items from a caterer, local business or large franchise ask for small changes to the ingredients such as half the cheese on pizzas, extra veggies on sandwiches or whole grain tortillas for wraps.
8. On occasion, if a fundraising meal does not include all four food groups, make a note on the menu going home to parents identifying the missing food group so that parents can send an option from home.

Sample Catered Menus

WRAPS	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Wrap served with choice of salad	Merlin's Garden ½ chicken or ham with cheese and veggies wrap	Made with a whole grain tortilla. Condiments are limited to 2 small portions. Try extra veggies such as tomatoes, cucumbers and bell peppers.	Vegetables & Fruit Grain Products Meat & Alternatives Milk & Alternatives	CM
	Merlin's Garden ½ veggie wrap	Made with a whole grain tortilla. Condiments are limited to 2 small portions. Request extra veggies.	Vegetables & Fruit Grain Products Milk & Alternatives	CM
	Merlin's Garden Tossed or Caesar salad	With dressing served on the side and portion limited to 15 mL	Vegetables & Fruit	CM
EXTRA	Merlin's Garden Yogurt and berries	(This snack can be made by mixing plain or Island Farms flavoured stirred yogurt with unsweetened thawed frozen fruit and granola)	Milk & Alternatives Vegetables & Fruit	CM
EXTRA	Merlin's Garden Apples and caramel dip	(This snack can be made by slicing apples and tossing in lemon juice)	Vegetables & Fruit	CS (CM if no dip)
Menu Summary: 80% 'Choose Most' and 20% 'Choose Sometimes'				

PIZZA	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Pizza served with Side #1 or Side #2	Murray's Real Things Little Caesar's Dominos 1. Veggie 2. Hawaiian	Request Whole Wheat Crust. Request a mix of regular and light cheese and/or ½ - ¾ amount of cheese normally used. Request adding extra veggies. Try meat toppings such as chicken or lean ground beef.	Grain Products Vegetables & Fruit Milk & Alternatives Meat & Alternatives	CM
Side #1	Fruit Plate	Orange slices, grapes, berries etc...	Vegetables & Fruit	CM
Side #2	Carrots and dip	Limit salad dressing to 15 mL portion. *Bulk baby carrots or sliced carrot sticks	Vegetables & Fruit	CM
Menu Summary: 100% 'Choose Most'				

SOFT TACO	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Soft Taco	Taco Time 1. Beef and Cheese Soft Taco 2. Bean and Cheese Soft Taco 3. Super Bean 4. Super Chicken	Child/ Regular Size Salsa and Sour Cream limited to 15-30 mL each and served on the side.	Grain Products Milk & Alternatives Milk & Alternatives	CS
Side #1	Fruit Plate or Apple Slices	Fresh Fruit	Vegetables & Fruit	CM
Side #2	Mixed Veggies and dip	Limit salad dressing to 15 mL portion.	Vegetables & Fruit	CM
EXTRA	Yogurt Tube	Yoplait®, 60g (can serve frozen, slightly thawed)	Milk & Alternatives	CS
Menu Summary: 50% 'Choose Most' and 50% 'Choose Sometimes'				

SUSHI	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée SUSHI	Lee's Overseas ½ California Roll ½ Veggie Roll	Limit soy sauce to small portion (5 -10 mL) or do not serve at all.	Grain Products Vegetables and Fruit Meat & Alternatives	CM
EXTRA	Cheese String	Black Diamond® 21g	Milk & Alternatives	CM
EXTRA	Carrots and dip	Presidents Choice® carrot and dip pack or fresh bulk baby carrots with 10-15 mL ranch dressing.	Vegetables and Fruit	CM
Menu Summary: 100% 'Choose Most'				

SANDWICH	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Sandwich served with Side #1 or Side #2	Tim Horton's Egg Salad Chicken Salad	Served on whole grain bread. Served with lettuce. Try adding 1-2 veggies such as cucumber and tomatoes. Condiments are limited to 0-2 portions.	Grain Products Meat & Alternatives Vegetables and Fruit	CS
Side #1	Unsweetened Fruit Cup	Peaches, Mandarin Oranges, Pears packed in fruit juice, no added sugar. Dole®, Delmonte® Fruit Bowls	Vegetables and Fruit	CM
Side #2	Mixed Veggies and dip	Limit salad dressing to 15 mL portion.	Vegetables and Fruit	CM
EXTRA	Yogurt Cup	Island Farms, stirred	Milk Products	CM
EXTRA	Oatmeal Raisin Cookie	Small Size (6 cm diameter or less)	Grain Products	CS
Menu Summary: 60% 'Choose Most' and 40% 'Choose Sometimes'				

HAMBURGER	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Hamburger served with tossed salad	White Spot Child Size: Hamburger	Served with lettuce and tomato. All condiments must be on the side and limit to 15 mL portions. Request a whole wheat bun.	Grain Products Meat & Alternatives Vegetables and Fruit Milk & Alternatives	CS
	White Spot Tossed Salad	Limit dressing to 15 mL portion and serve on the side.	Vegetables and Fruit	CM
EXTRA	Unsweetened Fruit Cup	Peaches, Mandarin Oranges, Pears packed in fruit juice, no added sugar. Dole®, Delmonte® Fruit Bowls	Vegetables and Fruit	CM
EXTRA	Yogurt Tube	Yoplait®, 60g (can serve frozen, slightly thawed)	Milk & Alternatives	CS
Menu Summary: 50% 'Choose Most' and 50% 'Choose Sometimes'				

Sample Homemade Menus

GRILLED CHEESE	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Sandwich served with side #1 or Side #2	Grilled Cheese (See sample recipe below)	Made with: Whole Grain bread Cheddar Cheese, not processed	Grain Products Milk & Alternatives	CM
	Side #1	Side salad Limit dressing to 15 mL portion and serve on the side.	Vegetables & Fruit	
	Side #2	Mixed veggies and dip Limit salad dressing to 15 mL portion.	Vegetables & Fruit	
EXTRA	Apple slices	Fresh fruit tossed with lemon juice	Vegetables & Fruit	CM
EXTRA	100% Fruit Snack	Sunrype® Fruit to GO Dole Squish'ems!® Piece of fresh fruit	Vegetables & Fruit	CM
Menu Summary: 100% 'Choose Most' (Missing a Meat & Alternative Serving)				

VEGGIE QUESADILLA	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Quesadilla	Veggie & Cheese Quesadilla (See sample recipe below)	Made with: Whole Grain tortilla Grated cheddar, jack or Swiss cheese, not processed Bell peppers and mushrooms Served with Salsa and/or Sour Cream on side, limit portion to 15-30mL each.	Grain Products Milk & Alternatives Vegetables & Fruit	CM

EXTRA	Granola Snack – Bite Size	Kellogg's Nutri-Grain Munch'ems® 30 g bag (brown sugar cinnamon or honey oat flavour) (many granola bars do not meet the Guidelines)	Grain Product	CS
EXTRA	100% Fruit Snack	Sunrype® Fruit to GO Dole Squish'ems!® Piece of fresh fruit Delmonte® Fruit Bowls packed in fruit juice, no added sugars. Motts Fruitstations®, unsweetened	Vegetables & Fruit	CM
Menu Summary: 67% 'Choose Most' and 33% 'Choose Sometimes' (Missing a Meat & Alternative Serving)				

MAC & CHEESE	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Macaroni Served with Side Salad	Homemade Macaroni and cheese (See sample recipe below)	Made with: 1% milk and a mix of light and regular cheeses Optional: boost nutrition with whole grain noodles (or try ½ regular and ½ whole grain).	Grain Products Milk & Alternatives	CM
Side #1	Side salad	Limit dressing to 15 mL portion and serve on the side.	Vegetables & Fruit	
EXTRA	Meat Roll-Up	2 slices of oven roasted style meat (roast beef, turkey)	Meat & Alternatives	CM
EXTRA	Apple slices	Fresh fruit tossed with lemon juice	Vegetables & Fruit	CM
Menu Summary: 100% 'Choose Most'				

TUNA MELT	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Tuna Melt served with Carrot Sticks	Tuna Melt and carrot sticks (See sample recipe below)	Made with: Whole Grain bread Cheddar Cheese, not processed	Grain Products Milk & Alternatives Milk & Alternatives Vegetables & Fruit	CM
EXTRA	Yogurt Tube	Yoplait®, 60 g	Milk & Alternatives	CS
EXTRA	100% Fruit Snack	Canned Fruit Salad packed in 100% fruit juice Piece of fresh fruit	Vegetables & Fruit	CM
Menu Summary: 67% 'Choose Most' and 33% 'Choose Sometimes'				

HOT DOG	Menu item	Description and comments	Food Groups	Choose Category
Main Entrée Hot Dog served with Mixed Veggies	Hot Dog served with mixed veggies (dip can be served on the side)	Made with: Whole Grain bun CM wiener: Butter Ball® turkey frank, 56g Maple Leaf, Original, 38g Limit dip to 15 mL portion	Grain Products Meat & Alternatives Vegetables & Fruit	CM (CS if no veggies served on the side)
EXTRA	Cheese String	Black Diamond®, Saputo® 21g (may be part skim)	Milk & Alternatives	CM
EXTRA	Unsweetened Fruit Cup	Peaches, Mandarin Oranges, Pears packed in fruit juice, no added sugar Dole®, Delmonte® Fruit Bowls	Vegetables & Fruit	CM
Menu Summary: 100% 'Choose Most'				

Beverages

Menu item	Description and comments	Food Groups	Choose Category
Milk (White)	Limit to 250 mL portion	Milk & Alternatives	CM
Milk (Flavoured)	Limit to 250 mL portion (i.e. chocolate, Strawberry, vanilla)	Milk & Alternatives	CS
Juice (100%)	Limit to 250 mL portion or less	Vegetables and Fruit	CS
Soy Drink (Plain)	Limit to 250 mL portion i.e. So Good, Original, So Nice Plus	Milk & Alternatives	CM
Soy Drink (Flavoured)	Limit to 250 mL portion (chocolate and vanilla)	Milk & Alternatives	CS

2007 Guidelines Revisions

- Artificially Sweetened beverages and food items are 'Not Recommended' for sale in elementary or middle schools
- Maximum portion size for juice is 250 mL in elementary schools and 360 mL in middle and secondary schools
- Maximum portion size for Milk & Alternatives based beverages is 250 mL in elementary schools and 360 mL for middle and secondary schools.

Recipes

Macaroni and Cheese

~Adapted from Westbench Elementary School

Makes 80 - 10 oz portions

Ingredients:

40 cups	Macaroni Noodles (try all whole wheat, or a mix of whole wheat and regular)
1 cup	Butter
1 cup	Whole Wheat Flour
8 Litres	1% milk
3 kg	Cheddar Cheese – use a mix ½ light (lower fat, e.g. 20% m.f.) and ½ regular cheese



Method: Cook noodles as per package directions and drain. Melt butter in a sauce pan and gradually whisk in flour. Gradually whisk in milk. Continue to whisk on medium to low heat until bubbly and thick. Mix in grated cheddar cheese. Divide noodles into baking dishes and cover noodles with milk and cheese mixture. Bake in oven at 350 degrees until bubbling and brown on top. **Options:** Add cooked ground beef and tomatoes. Add broccoli.

Veggie Quesadilla

~Adapted from Trout Creek Elementary School

Makes 1-2 servings

Ingredients:

2	Tortillas, Whole Grain
20 g - 30g	Grated Cheddar Cheese
½ cup	Chopped mushrooms and peppers, cooked



Method: Lightly brush one side of 2 tortillas with oil. Place one tortilla, oil side down on cookie sheet. Add a layer of grated cheese, add cooked veggies. Top with tortilla, oil side up. Bake in oven at 400 degree for 5 minutes, until lightly browned. **Options:** Add black beans

Tuna Melt

~Adapted from Kaleden Elementary School

Makes ½ - 1 serving

Ingredients:

½	Whole Grain bun
~60 g	Prepared tuna salad (mix tuna with light mayo or salad dressing just to moisten, ~2 tbsp per 184g tin)
20g	Sliced medium Cheddar Cheese



Method: Portion tuna mixture onto side of bun and top with tomato (optional) and slice of cheese. Broil until cheese melts. Hold in warmer until serving.

Options: Use English Muffins or whole grain pita bread for pizza style tuna melts

Grilled Cheese

~Adapted from Trout Creek and Kaleden Elementary Schools

Makes 1 serving

Ingredients:

2 slices	100% Whole Grain bread
20- 30g, sliced	Real Medium Cheddar cheese (i.e. Cracker Barrel)
	Light mayonnaise or non-hydrogenated margarine for grilling side of bread



Method: Grill sandwiches and then place in foil bags to keep warm. Hold in warmer until serving.

Options: Add fresh tomato slices before grilling

Chicken Salad Wrap

Leftover chicken has never been so delicious! Kid's love wraps for lunch! Wraps are easy to hold, store well, and provide a fun alternative to a sandwich.

Makes 2 - 3 Wraps

Ingredients:

2 medium	Flour tortillas , Whole Grain
2	Cooked chicken breasts, diced
1/4 Cup	Red and yellow bell peppers, diced
1 Small	Celery stalk, diced
1/4 Cup	Monterey Jack or Cheddar cheese diced small
1 Tablespoon	Mayonnaise (light or regular)
1 Tablespoon	Plain yogurt



Method: In medium bowl, add chicken, bell peppers, celery, cheese, mayonnaise, and yogurt. Mix ingredients well. Place 1/2 -1 cup of filling on the bottom half of the tortilla, fold the right and left edges of the tortilla over the filling toward the centre. Fold the bottom edge of the tortilla toward the centre and gently roll until the tortilla is completely wrapped around the filling.

Options:

Try adding chopped cucumber, zucchini, tomatoes, carrots, peas, or fresh herbs like parsley, dill or basil. Substitute cottage cheese for mayonnaise.