

Breakfast and Snack Program Procurement

Food list for purchasing off OH Armstrong contract from local grocery retailers

- **Food should be procured primarily via OH Armstrong (OHA).**
 - An [OHA Order Guide for Schools](#) has been developed to make it faster and easier to find nutritionally appropriate foods on the OHA online ordering portal.
- **This resource is intended to support purchasing decisions when procuring food externally from OHA.**
 - In situations where OHA does not have sufficient supply of a required item or the item is only sold in large bulk format, charge accounts at local grocery retailers can be used for these emergency situations. No personal reimbursements or points cards are to be used, and all purchases outside of OHA will be reviewed.
 - For milk products that meet the food policy guidelines (see pages 4 and 5), Saputo can be contacted to arrange delivery of required items.
- **Schools are strongly encouraged to make food from scratch using [the recipes](#) and resources on the [HPS website](#).** Vegetables and fruits, whole grains, protein foods, and plain water should be served and sold in schools. Processed foods, foods of low nutritional value, and/or foods high in sugar, fat or salt should not be offered.
- **The foods in this list may contain allergens.** Review ingredient lists for alignment with school allergy plans.

Produce: Vegetables, Fruits and Fresh Herbs

- ☐ **Any Vegetables - fresh, frozen, canned** ([canned veg contains sodium. Offer less often and rinse to reduce sodium](#)):
 - Carrots, cucumbers, peppers, cherry tomatoes, snap/snow peas, celery, green beans, broccoli, cauliflower, spinach, arugula, bok choy, Chinese broccoli, potato, sweet potato, squash, turnip, avocado, okra, beets, zucchini, lettuce, peas, corn, leeks, cabbage, mushrooms, asparagus, eggplant, brussel sprouts, and more
- ☐ **Any Fruits - fresh and frozen:**
 - Apples, oranges, clementines, grapes, berries, bananas, plums, peaches, pears, kiwi, melons, mango, pineapple, and more
- ☐ **Any Fresh Herbs:**
 - Dill, parsley, basil, thyme, cilantro, and more
- ☐ **[Homemade smoothies](#)** ([sugary drinks -100% fruit juice, yogurt beverage or chocolate milk - should not be added](#))
- ☐ **Unsweetened apple sauce, apple flavour only, any brand** ([whole fresh/frozen fruit should be offered most often](#))
- ☐ **Pre-packaged fruit cups/canned fruit** ([fresh/frozen whole fruit should be offered most often. Pre-packaged fruit cups can be offered a maximum of 4-6 times/month. The liquid is sugary - discard prior to serving to students](#)):
 - Del Monte Peach Chunks in slightly sweetened water
 - Del Monte Red Grapefruit in slightly sweetened water
 - Dole Tropical Fruit in fruit juice from concentrate
 - Dole Pineapple Tidbits in pineapple juice

Grain Products

Whole grain (WG) or whole wheat (WW) foods should be offered.

Products are considered whole grain (WG), if the first ingredient on the label is a whole grain. Whole grains include: barley, corn, oats, quinoa, brown or wild rice, 100% whole wheat including the germ, etc.)

Cereal

[Sugar and fibre are important to consider with cereal. All below are lower in sugar and all except Rice Krispies have fibre.](#)

Whole grain (WG) cereal ([listed in order of sugar content, lowest to highest. Choose lower sugar options most often](#)):

- ☐ Shredded Wheat; varieties: Original, Spoon Sized Shredded Wheat, Spoon Sized Shredded Wheat and Bran (Post)
- ☐ Weetabix Whole Grain Cereal
- ☐ Cheerios, Original; Brand Substitutions: Compliments Oatie O's; PC Toasted Oat Os
- ☐ All Bran Flakes (Kellogg's)
- ☐ Oatmeal Squares, Original (Quaker)
- ☐ Shreddies, Original (Post); Brand Substitutions: PC Wheat Squares

- ☐ Just Right Cereal (Kellogg's)
- ☐ Multigrain Cheerios
- ☐ Life Whole Grain, Original (Quaker)
- ☐ Two Scoops Raisin Bran (Kellogg's)

Other cereal (not WG or higher in sugar). **Offer rarely, 1-2 times/month. Serve WG/lower sugar options above most often:**

- ☐ Puffed Wheat (Compliments); All Natural Puffed Wheat (PC)
- ☐ Rice Krispies, Original (Kellogg's); Brand Substitutions: Compliments Crispy Rice; PC Crispy Rice
- ☐ Corn Bran Squares (Quaker)
- ☐ Mini Wheats, Original (Kellogg's)
- ☐ All Bran Multigrain Crunch (Kellogg's)

Bread Products

(bread, bagels, English muffins, buns, rolls, tortillas, pita, naan, pizza dough, and more)

All bread, bagels and English muffins must be labelled '100% whole grain' (WG) or '100% whole wheat' (WW).

- ☐ Bread, labelled 100% WG/WW, any brand
- ☐ Bagels, labelled 100% WG/WW, any brand (note: Dempster's 12 Grain are approved, but may lack 100% WG labelling)
- ☐ English Muffins, labelled 100% WG/WW, any brand
- ☐ Rolls or buns, WG or WW, any brand
- ☐ Tortillas, pita bread, mini pitas, naan, and flatbread, WG or WW, any brand
- ☐ Breadcrumbs, WG or WW (when available), any brand
- ☐ Pizza dough/crust, WG or WW, any brand. **Refined (white) pizza dough should be used only for lunch (cafeteria) food services and served 2 times per week maximum - whole wheat is preferred. Try making your own [pizza dough](#), or try an [alternative to traditional dough](#), like bagels or tortillas.**

Oats/Oatmeal and Pancake Mix

- ☐ Plain instant oatmeal (any brand)
- ☐ Large flake oats and/or quick rolled oats
- ☐ Pancake mixes (**Use these [pancake recipes](#) to make ahead and freeze for later use.**)
 - o Bob's Red Mill Buttermilk Pancake and Waffle mix
 - o Kodiak Cakes Power Cakes Flapjack and Waffle mix, Buttermilk
 - o Speerville Flour Mill Buckwheat Pancake Mix
 - o PC Blue Menu Whole Grain Pancake and Waffle mix

Crackers

Whole grain crackers:

- ☐ Premium Plus Whole Wheat Crackers
- ☐ Grissol Whole Wheat Melba Toast; Brand Substitution: PC Whole Wheat Melba Toast
- ☐ Triscuit & Triscuit Thin Crisps (All flavour options - **choose low sodium most often**)
- ☐ Breton Bites Crackers ('bites' version only - original and veggies flavours); Brand Substitutions: PC Crisp & Thin Whole Grain Crackers with Flax and Honey (**note:** regular sized Breton crackers are not WG. The PC option is WG)
- ☐ Whole Grain Cheddar Goldfish (**whole grain only**)
- ☐ Crispy Minis Rice Cakes (Flavours: Original; Savory Tomato & Basil; White Cheddar; Butter Popcorn; Everything)
- ☐ Ryvita Whole Grain Snack Bread
- ☐ Ryvita Rye Crispbread (Sesame; Multigrain; Light Rye); Brand Substitutions: Finn Crisp Multigrain Crispbread

Non-whole grain crackers (**Offer rarely, 1-2 times per month. Serve whole grain options above most often:**)

- ☐ Grissol Breadsticks
- ☐ Wheat Thins (flavours: Original; Multigrain; 37% Less Fat); Brand Substitutions: Compliments Thin Wheat Crackers

- ☐ Premium Plus Unsalted Tops Crackers; Brand Substitutions: Compliments Unsalted Tops Soda Crackers; PC Unsalted Tops Soda Crackers

Granola and Granola Bars *(Should not contain, or be dipped in, chocolate, marshmallow, or yogurt)*

Many of these products contain nuts. Review ingredient lists for alignment with school allergy plans.

Try these [homemade bars and bites options](#), which are more nutritious and can be served more often.

Granola Bars:

- ☐ Nature Valley Chewy Trail Mix Bars (Mixed Berry and Fruit & Nut Flavours)
- ☐ Kellogg's Nutri-Grain Bars (Flavours: Raspberry; Blueberry; Apple Cinnamon; Mixed Berry; Strawberry)
- ☐ Kashi Whole Grain Bars (Honey Almond Flax Flavour)
- ☐ Kashi 7 Grains with Quinoa Bars (Honey Oat Flax Flavour)
- ☐ Nature Valley Crunchy Bars (Flavours: Roasted Almond; Oats N Honey)
- ☐ PC Blue Menu Chewy Bar (Flavours: Berry Blend and Fruit & Nut Mixed Berry)
- ☐ Nature's Bakery Whole Wheat Fig Bars
- ☐ Leclerc Go Pure Fruit and Oat Bars (all flavours)

Granola:

- ☐ Special K low fat granola with natural honey flavor (Granola should only be used as a topping/ingredient (e.g. with yogurt or trail mix). [Homemade granola contains less sugar - make from scratch with this simple granola recipe](#))

Pasta and Rice

Whole grain options are more nutritious and should be used for breakfast/snack programs. Non-whole grain pasta (e.g. refined/white; egg) and instant white rice can be used occasionally for lunch (cafeteria) food services only.

- ☐ Whole grain pasta (macaroni, rotini, spaghetti, lasagna, and others)
- ☐ Whole grain rice (brown, wild, basmati, Minute brown rice)

Lunch cafeteria service only - see note above (Non whole grain):

- ☐ Non-whole grain pasta (including refined wheat and egg noodles)
- ☐ Minute white rice

Other Grain Products

- ☐ Plain popcorn kernels
- ☐ Croutons (whole wheat preferred)
- ☐ Barley
- ☐ Plain quinoa

Note regarding store-bought muffins/muffin mixes and batters: Most options are not nutritionally appropriate (i.e. not WG, high in sugar and/or fat). While convenient, these muffins/muffin mixes should not be served, as they lack nutritional value. Homemade options are more nutritious and often less expensive - try this [muffin mix](#) or another [muffin recipe](#).

Gluten-free Options

Gluten does not impact the nutritional quality of food (i.e. gluten-free (GF) foods are not intrinsically more nutritious just because they do not contain gluten). Thus, gluten-free foods are intended for students with celiac disease or gluten allergies. Listed below are gluten-free grain foods, however, many other foods may contain gluten (e.g. sauces, processed foods, etc.). Check ingredients lists to confirm they are gluten-free. Find more [info on gluten allergies here](#).

- ☐ Good thins crackers (simply salt flavour)
- ☐ Cinnamon Chex cereal
- ☐ Rice Krispies cereal (brown rice)
- ☐ Gluten-free pasta, any brand

- ☐ Gluten-free flour, any brand

Protein Foods

Dairy (milk, yogurt, cheese, and cream)

MF = Milk Fat

- ☐ Lower fat, unsweetened, white milk, skim, 1% or 2% (milk can be ordered from Saputo. Choose skim most often)
- ☐ Yogurt (try these recipes for [yogurt bark](#) and [yogurt parfait](#)):
 - Plain Yogurt, regular or Greek, 0% MF preferred (up to 2% MF), any brand (choose most often)
 - Flavoured yogurt, listed by sugar content, lowest to highest (choose less often due to sugar content):
 - ☐ Oikos Triple Zero Greek Yogurt, 0% MF (flavours: Peaches; wild berries; lemon; vanilla)
 - ☐ Oikos fat free Greek yogurt (0% MF), 30% reduced sugar (vanilla and various fruit flavours)
 - ☐ Yoplait Yogurt Tubes, 2% MF (fruit/berry and vanilla flavours only)
 - ☐ IOGO yogurt, 0% MF (various fruit/berry and vanilla flavours)
 - ☐ Oikos regular Greek yogurt, 0% and 2% (vanilla flavour)
 - ☐ PC Greek Yogurt, 0% and 2% MF (vanilla and banana flavours)
 - ☐ Oikos Regular Greek Yogurt, 0% and 2% MF (various fruit flavours)
 - ☐ Yoplait Creamy Yogurt, 1.5 % MF (various fruit/berry and vanilla flavours)
- ☐ Cheese (choose lower fat options - less than 20% milk fat):
 - Cheese strings and slices (all ≤ 20% MF). To save money, use block cheese (below) and slice at school:
 - ☐ Black Diamond Cheese Strings, 18% MF (Flavours: Marbelicious; Mozzarella)
 - ☐ Compliments Stringable Cheese, 18% MF (Flavours: Pizza Mozzarella Twists; Pizza Mozzarella)
 - ☐ No Name Stringable Cheese, 18% MF (Flavour: Marble)
 - ☐ Cracker Barrel sliced medium cheddar cheese, Light (20% MF)
 - ☐ PC Blue Menu sliced swiss cheese, light (18% MF)
 - ☐ Compliments sliced swiss cheese, light (17% MF)
 - Block, shredded/grated and soft cheese (all ≤ 20% MF except parmesan):
 - ☐ Block or shredded cheese, ≤20% MF (marble, cheddar, mozzarella, swiss, others)
 - ☐ Feta cheese, ≤20% MF
 - ☐ Zerto parmesan cheese, 22% MF (or another brand less than 22%MF)
 - ☐ Cottage cheese, ≤20% MF
 - ☐ Ricotta cheese, ≤20% MF
- ☐ 10% blend cream (Cream should be used for cooking/baking only (e.g. for soups, pasta sauces)).

Lactose-free and Dairy Alternatives

Dairy products (like those listed above) should be offered to most students. Students with lactose or dairy allergies can be offered lactose-free/dairy alternatives. Unsweetened, lower fat cow's milk is a protein food and an important source of vitamin D and calcium. Lactose and dairy free beverages typically contain less protein, vitamin D and calcium than cow's milk. Unsweetened, fortified soy beverage is the preferred alternative for allergies due to its protein content.

- ☐ Lactose-free white milk, 0%, 1%, 2%
- ☐ Unsweetened, fortified plant-based beverages (soy preferred, oat, almond)
- ☐ Black Diamond Marbelicious Lactose Free Cheese String, 18% MF
- ☐ Plain lactose-free yogurt, greek or regular (<2% MF, 0% preferred), any brand
- ☐ Oikos Lactose-free Greek Yogurt, 0% MF (vanilla and banana flavours)
- ☐ IOGO Lactose-free Creamy Yogurt, 1.5% MF (various fruit flavours)

Eggs and Egg Products

- ☐ Eggs (large, white, whole). Try this [egg sheet recipe](#) for breakfast sandwiches.

- ☐ Burnbrae Hard Boiled and Peeled Eggs, no flavours/seasoning added (ingredients include whole eggs only)
- ☐ Plain egg whites, no salt added

Nuts, Seeds, Nut Butters, Beans, Lentils, and Nut-free Alternatives

Nuts and seeds should have no salt/seasoning added. Try this [homemade trail mix recipe](#).

- ☐ Nuts (pecans, almonds, walnuts, cashews, peanuts)
- ☐ Seeds (pumpkin, sunflower, chia, hemp hearts/seeds, flax seeds - milled/flour or whole)
 - Flax seed must be ground to receive the full nutritional benefit. Flax flour, cracked flax, flaxseed meal, and milled/ground flax can be used interchangeably. Brown and golden flax seeds are nutritionally equivalent
- ☐ Peanut butter
- ☐ Wowbutter

Rinse canned beans/lentils to remove excess sodium. White beans and white navy beans have some calcium. When possible, use white and navy beans instead of another bean to increase the calcium content of the meal.

- ☐ Chickpeas and plain hummus (try this recipe for [roasted chickpeas](#))
- ☐ Beans, canned or dried (white navy, white kidney, red kidney, black)
- ☐ Lentils, canned or dried (brown, green, red)
- ☐ Split peas

Meat, Poultry, Fish, and Tofu

- ☐ Unprocessed poultry, fat trimmed, fresh or frozen (breast, thigh, drumstick, whole)
 - ☐ Ground chicken or turkey, fresh or frozen (lean or extra lean)
 - ☐ Lean or extra lean ground beef, fresh or frozen (extra lean preferred)
 - ☐ Diced lean beef
 - ☐ Ground pork, fresh or frozen (lean or extra lean)
 - ☐ Cooked shredded/sliced poultry ([Alternatives to deli meat](#). These options are more nutritious than deli meat, but they are high in sodium. Unprocessed poultry should be used most often. Try these [wrap/sandwich recipes](#))*:
 - ☐ Maple Leaf natural shredded chicken
 - ☐ Maple Leaf natural shredded turkey
 - ☐ Janes Meal Makers Chicken Breast Strips Roasted & Seasoned (frozen)
- *see page 8 for a sliced meat option that can be served occasionally in school cafeterias.
- ☐ Canned tuna, chunk or flake light, packed in water, any brand
 - ☐ Tofu (soft, firm or extra firm), any brand. [Check out the Simple Guide to Tofu](#), which includes recipes to try.

Pantry Staples, Condiments, Dressings, Sauces, Dips & Spreads

Baking Ingredients, Fats and Oils

- ☐ Olive and canola oil
- ☐ Soft margarine, non-hydrogenated (1 tsp serving size when used as a spread)
- ☐ Non-stick vegetable oil (i.e. canola, olive) cooking spray
- ☐ Whole wheat flour
- ☐ All purpose flour ([Use rarely. Use whole wheat flour for baking/cooking most often.](#))
- ☐ Baking powder and baking soda
- ☐ Sugars (Molasses, Honey, White sugar (granulated), Brown sugar, Yellow sugar). [One type of sugar is not more nutritious than another. All sugar – including honey, white sugar, brown sugar, molasses, maple syrup – is handled by your body in the same way. It provides energy but no significant amount of other nutrients.](#)
- ☐ Wheat bran and wheat germ
- ☐ Oat bran
- ☐ Corn meal

- ☐ Pumpkin puree
- ☐ Skim milk powder
- ☐ Evaporated milk (2%)
- ☐ Buttermilk
- ☐ Yeast (Dry active, Bakers, Instant dry)
- ☐ Unsweetened Coconut (flakes, shredded, desiccated)
- ☐ Corn starch
- ☐ Cream of tartar
- ☐ Extract (vanilla, maple, almond)
- ☐ Food colouring (for Play Doh crafts)

For garlic margarine spread, see lunch program section (pg. 8). For butter, see culinary program section (pg. 8).

Spreads/Dips, Condiments and Toppings (including dried fruit)

Spreads/dips ([try these homemade recipes for yogurt dip for fruit and ranch dip for vegetables](#)):

- ☐ Light cream cheese spread, any brand (serving size: 1 tbsp)
- ☐ Tzatziki, any brand
- ☐ Hummus (plain), any brand

Condiments ([many store-bought condiments/toppings are high in sodium, sugar and/or fat. Limit serving size to 1 tbsp](#)):

- ☐ Pearl Milling Company light pancake/table syrup
- ☐ Maple syrup, any brand
- ☐ Hellman's ½ the Fat Light Mayonnaise
- ☐ Calorie Wise Miracle Whip
- ☐ Mustard, Dijon or yellow, any brand
- ☐ Ketchup, any brand
- ☐ Relish, any brand
- ☐ Low fat or fat-free sour cream, any brand

Toppings and dried fruit:

- ☐ Salsa (mild or medium). [Try these homemade salsa recipes.](#)
- ☐ Pickles ([can be high in sodium and added sugar. Serve only as a topping, not as a snack or vegetable serving](#)):
 - Gherkin pickles (original), Maille
 - Bread and butter pickles, Vlasic, Bick's or Strub's
 - Dill pickle (sliced), 50% less salt, Bick's
- ☐ Black olives (sliced), Compliments, No Name or Unico brands
- ☐ Guacamole, any brand
- ☐ Dried fruit, no added sugars ([offer as a topping/ingredient rather than an individual snack. Serving size: 1 tbsp](#)):
 - Raisins, dried cranberries, pitted dates, any brand

Salad Dressings, Vinegars, Citrus Juices

- ☐ Fat free Rancher's Choice Salad Dressing (Kraft) - 1 Tbsp serving size
- ☐ Calorie Wise Creamy Caesar (Kraft) - 1 Tbsp serving size
- ☐ Calorie Wise French Salad Dressing (Kraft) - 1 Tbsp serving size
- ☐ Zesty Italian Salad Dressing (Kraft) - 1 Tbsp serving size
- ☐ Raspberry Vinaigrette Salad Dressing (Kraft) - 1 Tbsp serving size
- ☐ Vinegars- apple cider, red wine, white, rice, balsamic, any brand
- ☐ Lemon and lime juice, any brand

Stocks, Sauces and Gravy

Most store-bought sauces, stocks, and gravy contain high amounts of sodium, sugar and/or fat. **When used for dipping or as a condiment, products act as *flavour enhancers* and should only be provided in small amounts (about 1 tbsp).**

Tomato and pizza sauces:

- ☐ Tomato paste (any brand)
- ☐ Tomato-based sauces ([try this homemade tomato sauce recipe](#)):
 - Catelli Garden Select Tomato basil pasta sauce
 - Hunt's Tomato sauce, no salt added
- ☐ Pizza sauce, traditional, Primo

Soup stocks ([try these homemade soup recipes](#)):

- ☐ Campbells no salt added vegetable broth
- ☐ Campbells liquid chicken broth, No salt added

Gravy mix ([Club House gravy mixes below are high in sodium. Use browning sauce instead when possible](#)):

- ☐ Kitchen Bouquet Browning & Seasoning Sauce
- ☐ Club House Chicken Gravy, 25% less salt
- ☐ Club House Brown Gravy, 25% less salt (small servings only, 1 tbsp)

Cooking/dipping sauces:

- ☐ Curry paste, mild, Pataks. [For homemade sauce, try this recipe for butter chicken/chickpeas.](#)
- ☐ Low-sodium soy sauce, (any brand)
- ☐ Worcestershire sauce (any brand)
- ☐ Bulls Eye Original BBQ Sauce
- ☐ Kraft Chicken and Rib BBQ Sauce
- ☐ Plum sauce, VH
- ☐ Diana Sauce Honey garlic BBQ sauce
- ☐ Sweet and sour dipping sauce, VH
- ☐ Sweet chili sauce, VH
- ☐ Teriyaki Sauce & Marinade, VH
- ☐ Hot sauce, Dave's Maritime Style Chicken and Wing Sauce

Spices, Dried Herbs and Seasoning Mixes

- ☐ Salt
- ☐ Black pepper
- ☐ Any dried herb or spice with no salt/sugar added (e.g. onion powder, garlic powder, italian seasoning, chili powder, paprika, ground ginger, basil, oregano, cumin, rosemary, chives, thyme, all spice, cloves, nutmeg, cinnamon, bay leaf, curry powder, pumpkin pie spice, summer savory, parsley, tarragon, turmeric, coriander, mustard powder, cayenne pepper, garam masala, etc.)
- ☐ Low Sodium Taco Seasoning, any brand
- ☐ Low Sodium Sloppy Joe Seasoning, Club House

Beverages

Make water the drink of choice. Sugary drinks (e.g. 100% fruit juice, chocolate milk, yogurt drinks) should not be offered.

- ☐ Plain water ([save money and reduce plastic waste by offering tap water in reusable cups/bottles instead](#))
- ☐ Bubly carbonated water can be served; however, this should be reserved for cafeteria service only.

Find plain white milk, unsweetened, fortified plant-based beverages and lactose-free milk in the protein section.

Foods for Cafeteria Lunch Services Only

(foods should not be purchased for universal programs)

Many of the products listed below have frequency of sale limits. Review [these guidelines](#) to understand which foods to limit and restrict, and [the food and menu standards](#) and [recipes](#) to help with menu planning. Homemade versions of the items below (where applicable) are preferred, as they are more nutritious and less expensive than pre-made items.

Snacks and ingredients:

- ☐ Crispy Minis individual portion snack bags (BBQ or cheddar flavour)
- ☐ Darlea Garlic spread (non-hydrogenated margarine)

Potato wedges/fries ([try this roasted potato wedges recipe](#) or [this sweet potato fries recipe](#)):

- ☐ Compliments low sodium Steak Cut Wedge and low sodium Straight Cut French Fry
- ☐ PC Organics Straight Cut Fries
- ☐ Cavendish Restaurant Style Diner Style Hash Browns (large diced potato)

Poultry and Fish:

- ☐ Compliments Breaded, Seasoned Chicken Breast Chunks. [Try these homemade breaded chicken recipes.](#)
- ☐ Burgers (not breaded). [Store-bought options are double the recommended serving size \(consider cutting options below in half\). Making appropriately sized burgers from scratch is preferred.](#)
 - o Compliments Balance Frozen Extra Lean Chicken Burgers. [Try this chicken burger recipe.](#)
 - o PC Blue Menu Thick and Juicy Turkey Burger
- ☐ Compliments Balance Lean Turkey Meatballs (frozen). [Try this turkey meatballs recipe.](#)
- ☐ PC Blue Menu Italian Chicken Meatballs (frozen)
- ☐ High Liner, Pan Sear, Haddock fillet (frozen)

Beef/pork:

- ☐ Campbell's Chunky Homestyle Chili. [Try this beef and bean chili recipe.](#)
- ☐ Beef hamburger patty [Store-bought hamburgers are often high in unhealthy fats and sodium, and are about double the recommended serving size \(consider cutting options below in half\). Making burgers from scratch is preferred for these reasons. Try this homemade beef burger recipe or another homemade burger recipe.](#)
 - o PC Blue Menu Lean Beef Burgers
 - o Compliments Balance Lean Beef Burgers
- ☐ Meatballs ([try this sweet & sour meatball recipe](#) or [the turkey meatballs recipe linked above](#)):
 - o PC Blue Menu Angus Beef Meatballs (frozen)
 - o Compliments Balance Lean Angus Meatballs (frozen)
- ☐ Pork butt, boneless, fresh. [Try this pulled pork recipe.](#)

Plant-based protein:

- ☐ Amy's Kitchen Organic Chili Medium With Vegetables.
- ☐ Sol Cuisine Spicy black bean burger. [Try this black bean burger recipe.](#)

Sandwich/sliced/deli meat ([consider healthier alternatives found in the meat section on pg 5](#)):

- ☐ Maple Leaf Natural Selections, sliced turkey breast

Foods for Certain Culinary Programs Only

(foods should not be ordered for universal or cafeteria meal programs)

- ☐ Cocoa powder, any brand
- ☐ Icing sugar, any brand
- ☐ Unsalted butter, any brand. [Butter is a saturated fat, which are known to be associated with negative health outcomes. Butter is to be used only when an unsaturated fat \(soft margarine, vegetable oil like olive or canola\) cannot be reasonably substituted \(e.g. certain culinary program dishes\).](#)
- ☐ Chocolate chips/baking chocolate, any brand