

## Sample Lunch Menus Using the School Nutrition Guidelines



### Getting Started:

1. Under the Guidelines, menus must offer only *Choose Most* and *Choose Sometimes* foods.
2. These sample menus do not consider food allergies or other restrictions at your school. Please check the Food Safety and Food Allergy tabs at <https://www.surreyschools.ca/departments/FSRV/About/Pages/default.aspx>
3. Check [www.brandnamefoodlist.bc.ca](http://www.brandnamefoodlist.bc.ca) to be sure that each item offered is rated **Choose Most** or **Choose Sometimes**.

**Note:** The ratings listed in the menus below may vary by brand and portion size.

### Hot Dog Day Menu:

Beef or Chicken or Vegetarian Hot Dog with catsup portion (*Choose Sometimes*)

Nutrition Tip: Serve the wieners on wholegrain or whole wheat buns.

Mini-carrots (*Choose Most*) with Ranch Dressing Portion

100% Juice Box (*Choose Sometimes*)

100% Dried Fruit Bar (*Choose Most*)

### Pizza Day:

Pizza slice (1/8<sup>th</sup> of a 14 pizza) (*Choose Sometimes*)

Nutrition Tip: Offer Cheese or Vegetarian Pizza on multigrain crust to keep the fat content low.

Tossed Salad with Ranch Dressing (*Choose Most*)

2% (*Choose Most*) or Chocolate Milk (*Choose Sometimes*) carton

Frozen Yoghurt Tube (*Choose Sometimes*)

Nutrition Tip: Choose tubes with the lowest amount of added sugars.

### Submarine Sandwich Day:

Small Turkey and Cheese Sub with lettuce and salad dressing (*Choose Sometimes*) or Small Veggie Sub (*Choose Most*)

Nutrition Tip: Add vegetables like cucumber, lettuce, tomatoes or peppers to each sub.  
Choose the whole grain rolls.

Baked Nacho Chips (*Choose Sometimes*)

Bottled Water (*Choose Most*)

Simple Oatmeal Raisin Cookie (*Choose Most*)

### Hamburger Day:

Hamburger, Cheeseburger or Chicken Burger (*Choose Sometimes*)

Nutrition Tip: Serve on wholegrain or whole wheat buns.  
Serve with lettuce and tomato.

Mini-carrots (*Choose Most*) with Ranch Dressing Portion

2% (*Choose Most*) or Chocolate Milk (*Choose Sometimes*) carton

Bagged Apple Slices or Apples and Grapes (*Choose Most*)

## Wrap Menu:

Wrap with Chicken, lettuce and other vegetables (*Choose Most*)

100% Fruit Juice blend (*Choose Sometimes*)

Novelty Crackers, single serve package (*Choose Sometimes*)

Pudding Tube (*Choose Most*)

Nutrition Tip: Choose the pudding with milk as the first ingredient and the lowest amount of fat and added sugar. Avoid artificial sweeteners. Confirm rating with [brandnamefoodlist.ca](http://brandnamefoodlist.ca)

## Sports Day:

Pizza Pretzel (*Choose Sometimes*)

2% (*Choose Most*) or Chocolate Milk (*Choose Sometimes*) carton

Frozen 100% Fruit Bar (*Choose Sometimes*) or Watermelon Slice (*Choose Most*)

## A FEW IDEAS FOR TREAT DAY

Some schools offer students special treat as a fund-raiser from time to time. Here are a few suggestions.

- Flavoured popcorn – lightly salted, trans fat free (not candy coated or with added salty toppings like powdered cheese.)
- Baked tortilla chips and mild salsa
- Hot chocolate with milk as the first ingredient
- 100% fruit bars (with no added sugar)
- Trail Mix:  
Ingredients might include cereal, dried fruit and seeds like pumpkin or sunflower.  
Avoid nuts, peanuts and candy.
- Grapes in a cup, Watermelon slices and other fresh fruit in season
- Baked potato chips
- Dried fruit – Unsweetened apple rings, mango slices, lightly sweetened dried cranberries, etc.
- Bananas with yoghurt or pudding dip in a small paper cup

