

GST BOCES Regional Schools – Healthy Food Choice Plan

1. Our recipes have been adjusted to reduce salt by 50%. No salt is added to baked fries where they are available. No salt is added to cooked vegetables. PC's are recommended for ketchup and ranch dressing to help reduce sodium in the meals.
2. Many of the recipes for desserts now use less sugar and fat, and also include 1 fruit component.
3. All scratch-made ground beef entrees are prepared with 80/20 quality beef. Cooked ground beef is well drained of fat and rinsed before using in casseroles and meat fillings.
4. All deli meats are very lean and trimmed of all visible fat.
5. Foods used in the program are baked, steamed, etc., never fried. Oven baked french "fries", baked potatoes, or mashed potatoes are often available.
6. Butter or margarine is not added to cooked vegetables. There are NO trans fats in any of the foods we have specified for purchase.
7. School cooks have been trained in low-fat cooking techniques and use the methods learned in meal preparation.
8. Meal-type salads and/or small salads are offered daily at all schools. A variety of high fiber vegetables and fruits are offered daily. Salads include a mix of romaine and iceberg lettuce to increase the nutritional value. Low fat salad dressing choices are available at all schools.
9. Reduced fat mayonnaise is used exclusively in salad dressings and as a condiment.
10. Fresh fruits, canned fruits in light syrup or natural juice and fresh vegetables are offered daily to students and there is greater variety available now than ever before.
11. 100% fruit juice choices are offered at all schools on a daily basis.
12. At least three milk choices are available: skim milk, 1% white milk and 1% chocolate milk.
13. A la carte / snack items offered are also healthy selections. All snacks meet the Smart Snack Program, which includes these guidelines: ≤ 200 Calories, ≤ 230 mg Sodium, Fat $\leq 35\%$ of calories, Sat Fat $\leq 10\%$, Sugar $\leq 35\%$ gm. by weight. Bottled water, granola bars, pretzels, popcorn reduced fat and baked chips, reduced fat and sugar ice cream and fruit roll ups are offered daily in most school cafeterias. Sodas are not offered for sale in the school cafeterias.
14. All entrees utilized in the program can be combined with a variety of fruits, vegetables and low fat beverages that make an average week's meals fall within the 30% fat guidelines set by USDA for school meal programs.
15. All grains are 100% whole grain rich.
16. Pizza served is made with low moisture, part skim mozzarella cheese and a crust that contains at a minimum 50% whole grain flours in all schools.