

## Foodservice Guidelines for Kahnawake Schools *cont'd*

# HEALTHY SNACK IDEAS

- ✓ Homemade muffins, breads, cookies (low fat, high fiber, nut/peanut-free)
- ✓ Fresh fruit, canned fruit
- ✓ Applesauce
- ✓ Fruit or vegetable juice (100%, unsweetened)
- ✓ Raw vegetables (baby carrots, cherry tomatoes, cucumber & celery sticks)
- ✓ Milk, chocolate milk
- ✓ Cheese (slices, sticks, curds, cubes)
- ✓ Yogurt, yogurt drinks, milk puddings, custard



# SUGGESTED FOOD PORTION SIZES

ITEM	RECOMMENDED SERVING SIZE
Muffin	1 small
Bagel, bun	1 whole
Bread	2 slices for sandwiches, 1 slice when served on the side
Soda cracker	2 crackers
Pasta	1 - 1½ cups cooked
Rice	1 - 1½ cups cooked
Yogurt	½ - ¾ cup
Milk	1 carton (200 ml)
Meat, fish, poultry	size of a pack of cards (2 to 3 oz cooked)
Fruit or vegetable juice	small juice box (½ - ¾ cup)
Fruit	1 medium or ½ - ¾ cup of canned fruit
Vegetable	½ - 1 cup cooked (fresh, frozen, canned) 1 cup leafy vegetables (salad)
Spaghetti sauce	½ - 1 cup
Non-hydrogenated margarine	1 individual packet (10 g)
Gravy	¼ cup
Condiments; BBQ sauce, ketchup, mustard	1 package (15 ml) or 1 tbsp