

AP 113-2 Categories and Guidelines for School Food and Beverages

All schools must offer items from the 'Serve Frequently' most often whether that is through school meals, snacks, vending machines, cafeterias, canteens or class parties.	
Serve Frequently	Serve Infrequently and in smaller serving sizes
<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • Fresh or frozen vegetables and fruits • Canned Vegetables and fruits (packed in Juice) • Fruit Sauces and dried fruits (100% fruit with no added sugar) • Cultural plant foods (seaweed, native berries and roots) 	<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • Canned fruits in heavy syrup/pie filling • Deep fried vegetables including french fries • Processed fruit snacks • Chips, including potato, corn, tortilla or veggie • Frozen fruit bars, popsicles or freezies
<p>Grains</p> <ul style="list-style-type: none"> • Bread products • Rice, noodles, wild rice, brown rice, red rice • Pasta (wheat or gluten free) • Plain breakfast cereals and granola bars • Muffins made with whole grains • Plain Crackers 	<p>Grains</p> <ul style="list-style-type: none"> • Cookies, bars, brownies, pastries, cakes, croissants, pies, tarts, donuts, cinnamon rolls • Pre-Seasoned or canned noodles/pasta/rice • Cheesies, puffs, twists, crisps • Sugary breakfast cereals • Coated granola bars, protein bars, energy bars
<p>Proteins</p> <ul style="list-style-type: none"> • Legumes (beans, peas, lentils) • Eggs • Hummus • Fresh/Frozen poultry, lean beef, pork, fish and shell fish, game, canned fish • Hard Cheese • Cottage Cheese/yogurt/unsweetened yogurt drinks • Plain unsweetened milk (0-2% MF) 	<p>Proteins</p> <ul style="list-style-type: none"> • Battered or breaded meat, fish, poultry • Deli meats (bologna, pepperoni, salami) • Hot Dogs/Weiners • Bacon, sausages, pork breakfast links • Beef Jerky • Processed cheeses, spreads, slices, sauces • Ice Cream/Milkshakes • Pudding
<p>Beverages</p> <ul style="list-style-type: none"> • Water • Unsweetened carbonated or still water • Plain unsweetened pasteurized milk (0-2% MF) • Fruit Smoothies with no added sugar (made with fresh/frozen or canned fruit mixed with plain unsweetened 0-2% MF milk or yogurt) 	<p>Beverages</p> <ul style="list-style-type: none"> • Beverages containing sugar substitutes • Coffee, black tea (including iced tea, cold coffee) • Flavoured waters with added sugar • Fruit-flavoured drinks e.g., lemonade) • Hot Chocolate • Slushies, soft drinks, sport drinks (e.g. Gatorade) • Sweetened Milk • 100% fruit juice

*** Note: Any artificially sweetened beverages and deep-fried foods will automatically be classified under the 'Serve Infrequently' Category; Not Recommended**

Items, including candies and drinks, that have sugar as the first ingredient (or the second ingredient after water) or that are classified as power/high energy, tend to be highly processed or have very high amounts of sweeteners, salt, fat, trans fat, or calories relative to their nutritional value.