

## **Ohio Valley Educational Cooperative schools utilize many healthier choice items...**

- Zero trans fat biscuits, whole grain wheat roll, reduced fat corn muffin
- Reduced sugar cereals and low fat granola
- Whole wheat, low fat, reduced sugar breakfast bun
- Whole grain sandwich bread and buns
- Whole grain Pop-Tarts
- Reduced fat muffins
- Low fat yogurt
- High fiber, reduced fat Bosco breadsticks
- Whole wheat sandwich rounds
- Only 100% juices
- Natural catsup - made with sugar (no high fructose corn syrup)
- Light and fat free salad dressings
- Cholesterol free light mayonnaise and light salad dressing
- Promise margarine
- Butter Buds - fat and cholesterol free, zero trans fat, 90% fewer calories than butter or margarine, all natural
- Zero trans fat, non-hydrogenated oil
- Canned fruits in own juice or light syrup
- Barilla whole grain pastas
- Campbell's Healthy Request soups
- Low sodium, no MSG soup base
- Salt free seasonings
- Light and reduced fat cheeses, cheese sauce and macaroni & cheese
- Bakable sweet potato fries & puffs
- All natural oven roasted heirloom potato medley
- French fries, hash browns, etc. are zero trans fat and oven baked. (In cases where fries are deep fried due to volume needed and time constraints, fries are fried in zero trans fat oil.)
- Black beans and whole vegetarian refried beans
- Spinach & romaine for salads
- Most pizzas contain whole wheat and reduced fat cheese. Several are "Smart Pizza" which are lower in fat, saturated fat and sodium and high in fiber. Turkey pepperoni is used.
- Light or low fat and low sodium hot dogs, one is turkey variety
- Low fat, whole grain chicken corn dog and corn dog nugget
- Light turkey corn dog and corn dog nugget
- Smucker's Uncrustable peanut butter and jelly contains soy protein and wheat bread
- Ravioli made with fortified protein
- Reduced sodium and reduced fat meatballs, taco filling, chili, hot dog chili, sloppy joe, spaghetti sauce
- Whole grain burritos
- Hamburger patty choices offer one with soy protein, one contains applesauce, several are reduced fat
- All meats are baked not fried
- Whole grain breading on chicken nugget and patty
- Nabisco 100 calorie pack products
- Chips are smaller size bags and most are baked or reduced fat. Several are multi grain. Lower sodium pretzels. Frito Lay has "Smart Choice" line of chips that are branded by a green circle with a check ✓. They have calcium added, low saturated fat, zero grams trans fat, and no cholesterol.
- Reduced fat, whole grain cookies - only 1 ounce size
- Reduced sugar fruit snacks with fiber
- Crystal Light drink mix
- Fat free pudding
- Low fat and zero trans fat brownie mix and cake mixes
- Cupcake is 52% less sugar, less than 30% calories from fat, less than 10% calories from saturated fat, less than 30% sugar by weight, and zero trans fat
- Ice Cream: most are low fat, non fat, light, yogurt or juice based and sherbets contain fruit juice
- Only 1% and skim milks
- Low fat cottage cheese and sour cream

