

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

- Reduced sugar, whole grain cereals
- Whole grain sandwich bread, buns, bagels, biscuits, muffins, pancakes and more
- Whole grain Pop-Tarts and Nutri Grain Bars
- Low fat yogurt
- High fiber, reduced fat Bosco breadsticks
- Only 100% juices
- Light and fat free salad dressings
- Reduced calorie mayonnaise and light salad dressing
- Smart Balance whipped spread 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
- Nutritionally enhanced spaghetti sauce & salsa
- Low sodium, no MSG soup bases
- Light and reduced fat cheeses, cheese sauce and macaroni & cheese
- Bakable sweet potato fries & puffs
- French fries, hash browns, etc. are zero trans fat and oven baked. (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
- Pizzas contain whole wheat and reduced fat cheese and are lower in fat, saturated fat and sodium and high in fiber and 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
- Reduced sodium and reduced fat meatballs, taco filling, chili, hot dog chili, sloppy joe, spaghetti sauce, sausage patty
- Whole grain burritos and tortilla shells
- Hamburger patty choices offer varieties with soy protein, applesauce, low sodium, and reduced fat
- All meats are baked not fried
- Whole grain breading on chicken nugget, tenders and patty
- Whole grain animal crackers and graham crackers
- Chips are smaller size bags and baked or reduced fat
- Lower sodium pretzels
- Whole grain and reduced fat cookies
- Low fat cottage cheese and sour cream
- Only skim and 1% white and flavored milks

