

Healthy Choices in School Meals to Build on at Home

Cambridge Schools Food Service is making changes with the **Tasty Choices** program.

Let's work together to ensure our kids are growing healthy!

When kids see healthy food served at home *and* at school they eat more of it.

Tasty Choices in school	How to Build on this at Home	
Vegetables - We buy local in season!		
<ul style="list-style-type: none"> • Entrees with vegetables: Fresh Caesar chicken salad; Fajitas with fresh peppers and onions; Fresh lentil soup & vegetarian chili. • Fresh vegetable side dishes: Tossed salad; Broccoli slaw; Baby carrots, and celery sticks; Fresh steamed broccoli; Local butternut squash; Baked potatoes; Baked sweet potato "fries"; Tomato-basil-mozzarella salad; Veg cup. 	<ul style="list-style-type: none"> • Serve vegetables at meals, particularly what kids are being served at school. • Serve baby carrots, grape tomatoes, and cut up peppers as an appetizer before meals. • Show kids that vegetables taste good by enjoying them yourself at meals and snacks. 	
Fruit - We buy local in season!		
<ul style="list-style-type: none"> • Fresh local apples • Fresh local pears, peaches, plums or nectarines in season. • Oranges • Bananas • Applesauce • Canned peaches and pears • Local berries in season 	<ul style="list-style-type: none"> • Cut up apples for snacking. • Cut oranges in wedges to make orange smiles. • Slice bananas over whole grain cereal. • Put chunks of banana on popsicle sticks and freeze. • Make smoothies with low fat yogurt and fruit. 	
Whole Grains		
<ul style="list-style-type: none"> • Whole wheat & brown rice <ul style="list-style-type: none"> - Sandwich bread - Veggie wraps - Hot dog and hamburger buns - French toast sticks - Pizza crust 	<ul style="list-style-type: none"> • Buy whole grain breads, crackers, and pasta. • When you shop, look for the word "whole" next to "wheat" (or other grain) on the ingredients label. • Serve brown rice 	
Low Sugar/Higher Fiber Cereal		
<ul style="list-style-type: none"> • Kelloggs Corn Flakes • Kelloggs Frosted MiniWheats • Gen. Mills Cheerios • Gen. Mills Wheaties • Kelloggs Raisin Bran <p>*See the Cereal Handout for the whole list</p>	<ul style="list-style-type: none"> • Buy cereals that are low in sugar and high in fiber. • Best choices have: <ul style="list-style-type: none"> - 2 or more grams of fiber per serving. - 6 to 8 or less grams of sugar per serving. 	
Low Fat Milk		
<ul style="list-style-type: none"> • 1%, 2% and skim milk • Yogurt, lowfat 	<ul style="list-style-type: none"> • Serve low fat dairy products at home. 	