

**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. (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 and 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
- 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 1% white, skim white and skim flavored milks

