

Items with an * can be ordered directly through school foodservices catering

-Beverages –

Water *

Sparling flavored waters

Izzy*, LaCroix*, Epic*

Low-fat milk (flavored and unflavored < 200 calories)

Nonfat milk (flavored and unflavored < 200 calories)

100% fruit juice (8-10 oz. <200 calories)

Orange*, apple*, grape*

100% vegetable juice

V8 Fusion*

Sports drink (< 200 calories)

Gatorade*, Propel *

Bottle Smoothies, Naked brand*

Hot apple cider

Hot chocolate

Regular / decaf coffee*

-Dairy & Protein snacks-

String cheese *

Cottage cheese

Low-fat yogurt *

Pudding cups (look for <200 calorie, low sugar)

Beef jerky or turkey jerky snack sticks – Old Wisconsin *

Hard boiled eggs

Nuts

Trail mix

-Fresh Produce-

Fresh fruit – Apples*, Orange Wedges*, Bananas*

Vegetables* with low-fat dips

Hummus*

Cold Veggie Pizza

Dried fruit chips

Dried Cranberries*

Boxed Raisins*

Applesauce cups



-Bagged Snacks and grains-

Animal crackers*

Hard Pretzels

Dry cereal*

Low-fat cookies

Mini-bagel

Bread sticks

Whole grain muffin/sweetbreads*

Vanilla wafers

Goldfish crackers*

Low-fat/low-sugar breakfast and granola bars*

Baked Chips *

Lo-fat / Herbed Popcorn

Cereal Bars*

-Entrees-

Baked potatoes & toppings

Walking tacos

Soft Pretzel

Pizza made with Whole Grain crust and veggie toppings

Sub Sandwiches

Wraps using whole grain or veggie flavored tortillas

Corn on the cob

Soups & Chili's

-“Treats”-

Non-fat frozen yogurt*

100% fruit slushies*

WG cookies (<200 calories)

WG bagged rice crispy treat*

Bagged Fruit Snacks*

Feed them healthy, keep them healthy!

Please remember to follow food safety rules and good practices when running your stand. Any questions or if you want some brief training please contact Plymouth District Chef, Caren Johnson 920-892-2661 ex 1651