

Grains



When menu planning, consider offering, selling, or serving nutritious foods from the "Serve Frequently" section most often and offering the "Serve Infrequently" foods less often. When offering foods from the "Serve Infrequently" foods, consider offering smaller serving sizes. Infrequently is defined as placed or occurring at wide intervals in space or time¹. This may look different between schools. For example, if offering a 4-week menu cycle, this could look like offering the food once or twice during the cycle. Schools are encouraged to plan meals and snacks to best meet the needs of their student population and determine when and where changes are possible. Offer whole grains where possible.

Serve Frequently

- Grains such as barley, rye, whole oats or oatmeal (unsweetened), bulgur, quinoa, buckwheat, amaranth, millet and foods made with these grains
- Bread products (bread, bagels, tortilla wraps, pitas, buns, bannock, naan, pizza crust, flatbread etc.)
- Rice and rice noodles
- Wild rice, brown rice, red rice
- Pasta (wheat or gluten-free)
- Plain breakfast cereals (e.g., flakes of corn/bran, oat o's, shredded wheat)
- Plain (non-coated) cereal or granola bars made with whole grains
- Muffins made with whole grains (e.g. oats) or bran, and/or fruit and vegetable*
- Plain crackers

Serve Infrequently and in smaller serving sizes

- Cookies, bars (e.g., brownies), pastries, croissants, cakes (including cupcakes and cake pops), pies, tarts, donuts or sweet buns (e.g. cinnamon buns)
- Pre-seasoned noodles/pasta or rice
- Canned rice or pasta
- Coated granola bars (e.g. covered in chocolate, "yogurt" etc.) or puffed rice cereal bars
- Energy bars, protein bars
- Toaster pastries
- Cheesies, puffs, twists, crisps, straws, pretzels (regular, baked or extruded)
- Products that are deep-fried, contain sugar substitutes or supplemental ingredients (e.g. caffeine, amino acids)
- Sugary breakfast cereals or granola high in sugar or saturated fat

*Examples: **small** blueberry bran muffin, oatmeal berry muffin, morning glory muffin.