



Healthy Choices Offered in Ridley School District Cafeterias

Self-Serve Salad Bars feature a variety of fresh veggies (Iceberg Lettuce, Romaine Lettuce, Baby Spinach, Carrots, Grape Tomatoes, Cherry Tomatoes, Plum Tomatoes, Round Tomatoes, Cucumbers, Broccoli, Cauliflower, Spring Mix, Red Cabbage, Snow Peas, Sugar Snap Peas, Radishes, Zucchini, Purple Onions), Chick Peas, Kidney Beans, Hummus, Croutons, & Assorted Dressings

Self-Serve Veggie Munchie Bars feature a variety of fresh veggies with assorted dressings for dips

Dressings are lite, fat-free, and regular (Golden Italian, Creamy Italian, French, Raspberry Vinaigrette, Ranch, Caesar)

Russian Dressing is our own home-made recipe

Home-made Croutons are prepared with whole grain and sour dough breads

Dressings and Mayonnaise (regular and light) that are purchased are made with soya and canola oils

Sandwich Fixings offered are fresh Iceberg Lettuce, Leafy Lettuce, Romaine Lettuce, Tomatoes, Onions, Cucumbers)

Make Your Own Chef Salad for a Luncheon Entree features a variety of Lettuces, Baby Spinach, Julienne Strips of Chicken, Ham, Roast Turkey, American Cheese, plus assorted self-serve fresh Veggies, Hard Boiled Eggs, Croutons, and Dressings

Additional fresh veggie salads are offered daily-Celery Stix with Ranch Dressing, Baby Carrots w/Dip, Home-Made Coleslaw, Home-Made Potato Salad, Caesar Salad Bowl, Oriental Salad, Fresh Veggie Munchie Cup, Marinated Tomato, Cucumber, & Celery Salad, Fresh Baby Spinach & Strawberry Salad, Tex-Mex Bean Salad, Fresh Veggie Pasta Salad, Baby Spinach Salad Bowl, Fresh Cucumbers w/Dip, Spring Mix Salad Bowl, Carrot & Pineapple (Sunshine) Salad, Home-Made Coleslaw, Basil Tomato Rice Salad

Self-Serve Fruit Parfait Bars offer assorted fresh, canned, & dried Fruits, non-fat Yogurt, and Granola

Whole Fresh Fruit in Season is available daily (Apples, Oranges, Bananas, Pears, Tangerines, Plums, Clementines)

Cut up Fresh Fruit in Season is offered two or three times weekly-Cantaloupe, Watermelon, Honeydew Melon, Pineapple, Kiwi, Oranges, Apples, Pink Grapefruit, Strawberries, Fresh Fruit Munchie Cup, Fresh Fruit Cup, Fresh Fruit & Veggie Cup

Other fruit varieties are available in light syrup or juice- Peaches, Pears, Pineapple, Mandarin Oranges, Mixed Fruit, Applesauce, Blueberries, Strawberries

Juices are 100% full-strength-Orange, Apple, Grape, Cranberry, Pineapple Orange, Cranapple, Fruit Punch

Milk offered is 1% White, Chocolate, & Strawberry Milk, and Skim

1% milk is used in home-made cream soup preparation

Bottled spring water is available for purchase

All soups are home-made and loaded with vegetables, beans, barley, wild rice, and lentils except for purchased canned Tomato Soup and Clam Chowder.

Home-made entrees are prepared with no salt added-turkey squares, lasagna, home-made pizza, taco & nacho filling, chicken fajitas, baked ziti w/meatsauce, breast of turkey salad, pulled pork,

Ground Beef is rinsed after cooking to eliminate as much fat as possible

Low-fat cottage cheese is an ingredient in lasagna and also is offered on the salad bar

An Olive/Canola Oil blend is used in pasta and roasted veggie preparation

Cheddar Cheese is low fat, String Cheese is lite, and Mozzarella Cheese is part-skim

All Tuna Fish served is packed in water

Some varieties of Lunchmeats and Hot Dogs are low fat and low sodium

Hot vegetables (roasted, steamed) are prepared with fresh vegetables (fresh Broccoli, Carrots, Red Peppers, Yellow squash, Zucchini, Asparagus, Cauliflower, Green Peppers, Onions, Baby Spinach)

Hot vegetables are seasoned with Butter Buds (0 fat, 0 chol in Butter Buds) and steamed to retain bright color and nutrient content

Whipped Potatoes are prepared with water only, no added salt or margarine

Potatoes are baked, not fried, such as French Fries, Sweet Potato Fries, Potato Puffs, Sweet Potato Puffs, Plain & Seasoned Wedges, Curly Fries

Promise Spread is offered whenever rolls are on the menu

Whipped Topping on pudding, jello, and some cakes is Dream Whip prepared with water (5 cal per tbsp)

Some varieties of Home-Made Cookies are made with whole grains such as Home-made Ranger (prepared with oatmeal & cornflakes) & Oatmeal Raisin cookies

Other Fresh- Baked Cookies are whole grain

Some Desserts are home-made and prepared with fruit (Apple Crisp, Pie, & Cake, Cherry Pie, Pumpkin Pie, Peach, Strawberry, and Blueberry Shortcake)

Luigi's Sherbet and Frozen Juice Treats contain 1/4 cup 100% fruit juice

Land O Lakes Cheese Sauce is low fat

Grilled Cheese Sandwiches are made with Buttermist Spray (0 carb, 0 fat, 0 cal in buttermist spray)

Some Pizza is made with whole grain crust

Some varieties of whole grain cereals are reduced sugar

Whole Grain Oatmeal is offered seasonally in the school breakfast program

A choice of Regular, Light, and Strawberry Cream Cheese is offered at breakfast

Pancakes, Waffles, and French Toast Stix are whole grain products

Sausage Links are made with turkey

Taco and Nacho filling on the elementary school menu is made with chicken

Breads are whole grain-Hamburger & Hot Dog Rolls, Dinner Rolls, Pierre Rolls, Corn Muffins & Home-Made Cornbread, Whole Wheat Croissants, Multi-Grain Bread, Whole Wheat Bread, Rye Bread

Frito-Lay Chips are Baked, Reduced Fat, or Multi-Grain

100 calorie snacks are available at the snack bar-Oreo Thin Crisps, Wheat Thins, Cheese Nips, Chips Ahoy

4 oz. non-fat yogurt is on the menu at breakfast and lunch in assorted fruit flavors

Menu items and ingredients are purchased from well-known and trusted manufacturers-Hatfield, Pillsbury, Land O' Lakes, Tyson, Nabisco, Berks, General Mills, Smuckers, Wawa, J & J Snacks, Pepperidge Farm, Campbell's, Stroehmann, Buono, Kraft, Jack & Jill, Jennie O, Kellogg's, Dannon, Jimmy Dean

