

West Allegheny School District Cafeterias Prioritize Healthy Menus

Main Entrees	Fruits and Vegetables	Other Improvements
<ul style="list-style-type: none"> ▪ Whole grain pizza ▪ Reduced fat hot dog ▪ Whole grain chicken nuggets ▪ Whole grain chicken patties ▪ Chicken products with no trans fat ▪ Turkey that is 98 percent fat free ▪ Whole grain pasta products ▪ Hamburgers made with 95 percent beef and no fillers ▪ Fruit/yogurt/low-fat cheese plate 	<ul style="list-style-type: none"> ▪ A selection of fresh fruit at every meal (oranges, apples and bananas) ▪ Fresh vegetables at least three times a week (carrots, celery, broccoli and cauliflower) ▪ Small tossed salads daily 	<ul style="list-style-type: none"> ▪ French fries with no trans fat ▪ Whole wheat buns and breads ▪ Yogurt fruit parfait with granola ▪ Elimination of whole milk ▪ Replacement of ice cream with reduced-fat products ▪ Replacement of all regular chips with baked chips