

## Menominee Indian School District

459 Exhibit (2)

### Vendor, Concession, School Store, Clubs, and Fundraiser Guidelines

The following table offers the suggested items ideal for concession stands and fundraising groups.

#### **Beverages:**

Plain, non-carbonated bottled water, zero calorie/ 5 calorie flavored water, 1% milk, G2, Powerade Zero, sugar-free hot cocoa, coffee, NAS (no added sugar) smoothies

#### **Grains:**

Whole grain baked chips, pretzels, non-frosted animal crackers, plain, fat-free air popped popcorn, whole grain buns

#### **Dairy:**

Low-fat string cheese, low-fat, low-sugar yogurts, fat-free pudding cups

#### **Fruit:**

Fresh, whole fruit (apples, oranges, bananas, etc.) unsweetened applesauce, fruit cups canned in own juice, dried fruit, NAS (raisins, apricots dried plums).

#### **Nuts, seeds, legumes:**

Single serving packaged nuts, sunflower seeds, pumpkin seeds, freeze dried legumes, plain almonds

#### **Vegetables:**

Single serving fresh, whole vegetables (carrots, broccoli, and celery)

#### **Entrees/Combination items:**

Single serving portions sizes for all of the following items will be less than 200 calories:

- Subway sandwich/wraps
- Turkey hot dogs
- Thin crust cheese pizza
- Reduced Sugar, Whole Wheat Uncrustable
- Fruit and Yogurt Parfait

#### **Additional Guidance:**

In addition to the suggested items, other products should be considered that meet the following nutritional criteria:

- <200 Calories
- <35% from added sugar
- <30% fat
- <240 mg sodium