

APPENDIX 4: A-Z FOOD AND BEVERAGE LIST

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group
Almond butter	Meat and Alternatives	Nuts, Protein Butters, and Seeds
Bacon	Meat and Alternatives	Fresh and Frozen Meat
Bagels	Grain Products	Bread
Bannock	Grain Products	Bread
Beans, any variety	Meat and Alternatives	Meat Alternatives
Beef jerky	Meat and Alternatives	Fresh and Frozen Meat
Beef, any variety	Meat and Alternatives	Fresh and Frozen Meat
Biscuits, any variety	Grain Products	Bread
Bread, any variety	Grain Products	Bread
Brownies	Grain Products	Baked Goods
Bulgur	Grain Products	Pasta, Rice, and Other Grains
Butter	Miscellaneous Items	Minor Ingredient, Fats
Cake	Grain Products	Baked Goods
Candy	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>
Casseroles	Mixed Dishes With a Nutrition Facts Table	Entrées
Cereal bars, any variety	Grain Products	Baked Goods
Cereal, any variety	Grain Products	Cereals
Chapatti	Grain Products	Bread
Cheese, any variety	Milk and Alternatives	Cheese
Chicken, breaded	Meat and Alternatives	Fresh and Frozen Meat
Chicken, fresh or frozen	Meat and Alternatives	Fresh and Frozen Meat
Chilli	Mixed Dishes With a Nutrition Facts Table	Entrées
Chocolate bars	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>
Chocolate chips	Miscellaneous Items	Minor Ingredient, Other
Coffee	Beverages	Coffee/Tea
Cookies, any variety	Grain Products	Baked Goods
Corn chips	Grain Products	Grain-Based Snacks
Couscous	Grain Products	Pasta, Rice, and Other Grains
Crackers, any variety	Grain Products	Grain-Based Snacks
Cream cheese	Miscellaneous Items	Minor Ingredient, Condiments and Spreads
Croissants	Grain Products	Baked Goods

Appendix 4 (continued)

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group
Danishes	Grain Products	Baked Goods
Deli meat, any variety	Meat and Alternatives	Deli (Sandwich) Meat
Dip, any variety	Miscellaneous Items	Minor Ingredient, Dips
Doughnuts	Grain Products	Baked Goods
Eggs	Meat and Alternatives	Eggs
Energy bars	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>
Energy drinks	Beverages	Energy Drinks – <i>Not Permitted for Sale</i>
English muffin	Grain Products	Bread
Fish, breaded	Meat and Alternatives	Fish
Fish, fresh, frozen or canned	Meat and Alternatives	Fish
Freezies	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>
Fruit chips	Vegetables and Fruit	Vegetable and Fruit Chips
Fruit, canned	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit
Fruit, dried	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit
Fruit, fresh or frozen	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit
Fruit snacks (e.g., leathers)	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit
Grain-based salad	Mixed Dishes With a Nutrition Facts Table	Side Dishes
Granola	Grain Products	Cereals
Granola bars, any variety	Grain Products	Baked Goods
Gravy	Miscellaneous Items	Minor Ingredient, Gravies and Sauces
Ground meat, any variety	Meat and Alternatives	Fresh and Frozen Meat
Hamburger	Meat and Alternatives	Fresh and Frozen Meat
Honey	Miscellaneous Items	Minor Ingredient, Condiments and Spreads
Hot chocolate	Beverages	Hot Chocolate
Hummus	Miscellaneous Items	Minor Ingredient, Dips
Ice cream	Milk and Alternatives	Milk-Based Desserts
Iced tea	Beverages	Iced Tea

Appendix 4 (continued)

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group
Jam	Miscellaneous Items	Minor Ingredient, Condiments and Spreads
Jamaican patties	Mixed Dishes With a Nutrition Facts Table	Entrées
Jellies	Miscellaneous Items	Minor Ingredient, Condiments and Spreads
Juice, fruit	Beverages	Juices or Blends: Vegetable or Fruit
Juice, vegetable	Beverages	Juices or Blends: Vegetable or Fruit
Kefir	Milk and Alternatives	Yogurt/Kefir
Ketchup	Miscellaneous Items	Minor Ingredient, Condiments and Spreads
Lamb	Meat and Alternatives	Fresh and Frozen Meat
Lasagne	Mixed Dishes With a Nutrition Facts Table	Entrées
Legumes, any variety	Meat and Alternatives	Meat Alternatives
Lemonade	Beverages	Other Beverages
Lentils, any variety	Meat and Alternatives	Meat Alternatives
Limeade	Beverages	Other Beverages
Margarine	Miscellaneous Items	Minor Ingredient, Fats
Mayonnaise	Miscellaneous Items	Minor Ingredient, Oils and Dressings
Meatballs	Meat and Alternatives	Fresh and Frozen Meat
Milk, any variety	Beverages	Milk and Milk-Based Beverages
Milkshakes, any variety	Beverages	Milk and Milk-Based Beverages
Muffins, any variety	Grain Products	Baked Goods
Mustard	Miscellaneous Items	Minor Ingredient, Condiments and Spreads
Naan	Grain Products	Bread
Nuts	Meat and Alternatives	Nuts, Protein Butters, and Seeds
Oatmeal	Grain Products	Cereals
Oil, any variety	Miscellaneous Items	Minor Ingredient, Oils and Dressings
Pancakes	Grain Products	Baked Goods
Parmesan cheese	Miscellaneous Items	Minor Ingredient, Other
Pasta	Grain Products	Pasta, Rice, and Other Grains
Pasta salad	Mixed Dishes With a Nutrition Facts Table	Side Dishes
Pasta sauce, cream-based	Miscellaneous Items	Minor Ingredient, Gravies and Sauces
Pasta sauce, tomato-based	Vegetables and Fruit	Canned Tomato and Tomato-Based Products