Recipe Ideas

- Offer high-sodium foods less often. Go easy on pre-prepared, processed entrees and side dishes, such as pizza, chicken nuggets, and hot dogs. Use grilled chicken breast instead of luncheon meat, bacon, sausage, or ham.
- Modify recipes that use high-sodium ingredients such as cheese sauces, canned soups, tomato sauce, paste, or spaghetti sauce, canned vegetables, chips, and taco shells. Use lower sodium versions or use less of these items. Remove salt from recipes whenever possible. (Note: Do not leave salt out when preparing baked goods because it could affect the baking process.)
- Find recipes that use fresh or dried herbs, spices, lemon or orange zest, or fruit juices to intensify flavors in foods without adding sodium.

Water

New Requirements

Water must be made available to all students during the meal service.

Other beverages such as flavored waters may be considered foods of minimal nutritional value and, if so, are not allowed to be served during meal times in competition with other more nutritous beverages.

Foundations

The 2010 Dietary Guidelines for Americans recommend choosing and preparing foods and beverages with little added sugar or calorie sweeteners.

Milk, 100% fruit juice and water are all beverages that meet these dietary guidelines.

Water should be available as an extra beverage, but is not to take the place of milk or fruit juice, which provides nutrients.