

TOP 10 LUNCHES SOLD BY CATERERS TO STUDENTS

*(As Decided by Western School District Caterers in
Healthy Lunch Contest, February 2009)*



The Regional Nutritionist recommends that each of these meals be served with one Canada Food Guide serving of milk (i.e. 250 ml).

1. **Pizza** (cheese, veggie, or Hawaiian) & salad
2. Home Made **Spaghetti** (with lean meat)
3. **Chicken Wrap**
4. **Soup** (chicken noodle or vegetable beef) ww roll
5. **Salad** (tossed garden or Caesar)
6. **Chicken Nuggets** (Country Ribbon) with salad
7. **Macaroni and Cheese**
8. Chicken/ Turkey **Sub Sandwich**
9. Hot Turkey/ **Chicken Dinner**
10. **Quesadillas** (chicken, salsa, cheese) & veggies