

Done Right Food's **HEALTHY MENU GUIDELINES**

follow the basic USDA Dietary Guidelines recommendations,
which advise choosing:

- ✓ whole grain foods for at least half of total grains
- ✓ a variety of vegetables and including plenty of dark green and orange ones
- ✓ a variety of fruit with meals and snacks
- ✓ lowfat and fat-free milk and other calcium-rich foods every day
- ✓ baked, broiled, and grilled lean beef, chicken, and turkey
- ✓ dry beans, peas, nuts, and seeds
- ✓ moderate amounts of fat from liquid oils and limited amounts from solid fats
- ✓ limited amounts of foods and beverages with added sugars

FOR LUNCH --- Every day, we serve:

- ✓ **Fresh Green Leafy Salads:** Leafy Lettuce Blend, Caesar, Spinach Mix, Oriental, Greek
- ✓ **Fresh Raw Veggies:** Carrots, Celery, Broccoli, Cauliflower, Cucumbers, Cherry Tomatoes
- ✓ **Fresh Fruit:** Apple, Orange, Banana, Cantaloupe, Grapes, Watermelon

We always use:

- ✓ Scratch cooking
- ✓ Lean meat and poultry
- ✓ Reduced/low fat cheeses and yogurt
- ✓ Whole & enriched grains
- ✓ 100% fruit juice
- ✓ Skim milk
- ✓ Reduced/low fat salad dressings
- ✓ Liquid vegetable oils in cooking

We don't serve:

- ✓ Breaded chicken products
- ✓ Hotdogs
- ✓ Hamburgers
- ✓ Corn dogs
- ✓ Frozen pizza
- ✓ French fries
- ✓ Tater tots
- ✓ Fried chips
- ✓ High sugar cereals
- ✓ Chewy breakfast bars
- ✓ Pop tarts
- ✓ Canned fruit in heavy syrup
- ✓ Fruit drinks
- ✓ High sugar desserts

For more information, contact:
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Done Right Food
School & Event Catering Services

