

Vegetables and Fruit - Serve Most ■

Vegetables and Fruit - fresh, frozen, canned, dried bottled, bowls

- All fresh vegetables and fruit, raw or cooked without added fat, sugar or salt (this does include potatoes- baked, boiled and mashed and potato or sweet potato - cubed, diced, baked in the oven)
- All frozen vegetables and fruit without added fat, sugar or salt
- All canned fruit packed in its own juice

Choose fresh or frozen vegetables without breading or rich sauces.

Look for canned vegetables lower in sodium or drain and rinse canned vegetables which can lower the salt content.

Choose unsweetened frozen fruit or fruit packed in juice. Fruit in heavy syrup has more sugar and calories.

- Amazing Fruit Products Ltd – Amazin’ Raisins 100% Natural Flavored Raisins – Lemon, Orange and Strawberry flavors
- Alasko Frozen Sweet Corn Kernels
- Alaska Yipi Fruit – Pineapple, Cherries, Apples, Mangos, and Blueberries
- Compliments Junior Go Go Tubes – Apple
- Compliments Junior Go Go Tubes - Apple Fieldberry
- Compliments Junior Go Go Tubes - Apple Grape
- Compliments Junior Go Go Tubes - Apple Strawberry
- Compliments Junior – Munch a Bunch Baby cut Carrots
- Compliments Junior Tart Apple Slices
- Compliments Junior Seedless Raisins
- Del Monte Refrigerated Fruit Cups - Pineapple Chunks
- No Name pineapple tidbits in pineapple juice
- Del Monte peach slices in fruit juice from concentrate
- Del Monte fruit cocktail in fruit juice from concentrate
- Del Monte peach slices packed in water
- Del Monte pear halves packed in water
- Del Monte fruit cocktail packed in water
- Dole Fruit Bowls in Fruit Juice – Pineapple Chunks
- Dole Fruit Bowls in Fruit Juice – Tropical Fruit
- Dole Tropical Gold Golden Pineapple in its own juice
- No Name pear halves in juice from concentrate
- Unsweetened apple sauces:
 - Motts Plus Sauce
 - Motts Healthy Harvest Sauce
 - Motts Scooby Doo Apple Sauce

	<ul style="list-style-type: none"> - Motts Fruit Flavored Apple Sauce - Motts Fruitsations Unsweetened Apple Sauce - Strawberry-kiwi, Country Berry, Blueberry Delight, Apple - President's Choice Appletreet Unsweetened Apple Sauce - Apple-mango, Just apples - PC Organics Unsweetened Apple Sauce - Sun-Rype Regular Apple Sauce - Sun-Rype Unsweetened Apple Sauce ■ Mariani Sun-ripened Mixed Fruit ■ Brothers All Natural Crisps Dried Fruit - Fuji Apple ■ Brothers All Natural Crisps Dried Fruit - Peach ■ Sun-Rype Fruit to Go Bars ■ Sun-Rype Fruit to Go Squiggles ■ Sun-Rype Fruit to Go Funbites ■ Sun-Rype Fruitsource Bars ■ Sun-Rype Fruitsource Minibites ■ Dole Squish'ems ■ PC Mini Chefs Baby-Cut Carrots ■ PC Mini Chefs Gala Apple ■ PC Mini Chefs Gala Apple Wedges ■ PC Mini Chefs Pink Lady Apples ■ PC Mini Chefs Raisins Rule! ■ PC Mini Chefs Zippy Fruit - Naturally Flavored Apple Fruit Snacks – Raspberry, Sour Apple, and Strawberry Flavors. ■ PC Mini Chefs Smooshies - Apple, Fruit Punch
<p>Vegetable and fruit juices - frozen, canned, fresh, bottled, tetra-pak</p>	<p>100% Fruit or Vegetable Juice, Unsweetened</p> <ul style="list-style-type: none"> ■ Capri Sun 100% Juice, Apple Splash ■ Capri Sun 100% Juice - Berry Breeze ■ Capri Sun 100% Juice - Fruit Dive ■ Compliments Balance Acai & Sour Cherry Four Juice Blend ■ Compliments Balance Grape Juice from Concentrate ■ Compliments Balance Orange Strawberry Banana Juice ■ Compliments Balance Orange Raspberry Mango Juice ■ Dole Juice – Strawberry – Kiwi ■ Fairlee Juice – Apple ■ Fairlee Juice - Orange ■ Minute Maid Fruit Solutions - Berry Blend ■ PC 100% Juice Blend - Blackcurrant & Pomegranate ■ PC 100% Juice Blend - Cranberry ■ PC 100% Juice Blend - Cranberry and Concord Grape ■ PC 100% Juice Blend - Pomegranate ■ PC 100% Juice Blend - Grape and Acai ■ PC 100% Juice Blend - Pomegranate and Blueberry ■ PC 100% Juice Blend - Raspberry and Cranberry

	<ul style="list-style-type: none"> ■ PC 100% Juice Blend - White Grape and Peach ■ PC 100% Juice Blend - Sour Cherry and Aronia ■ PC 100% Juice Blend - Yumberry and Concord Grape ■ PC 100% Pomegranate and Blueberry Juice ■ PC 100% Pomegranate Juice ■ PC 100% Pomegranate and Mango Juice ■ PC 100% Purée & Juice Mango Orange Blend ■ PC 100% Pure Frozen Concentrated Orange Juice Pulp Free ■ PC 100% Pure Orange Juice Pulp Free ■ PC 100% Pure Orange Juice with Extra Pulp ■ PC 100% Pure Orange Juice with Pulp ■ PC 100% Pure Pressed Pineapple juice ■ PC 100% Pure Pulp Free Honey Tangerine Juice ■ PC 100% Pure Pulp Free Orange Juice ■ PC 100% Tropical Juice Blend ■ PC Apple Juice From Concentrate ■ PC Blue Menu Oh Mega j Orange Juice ■ 100% vegetable juice, unsweetened ■ PC Blue Menu 8-Vegetable Cocktail ■ PC Blue Menu Tomato Juice ■ V8 100% Vegetable juice - Calcium enriched, Essential Antioxidants, High Fiber, Low Sodium, Organic and Hot spicy ■ V8 V-Fusion Juice - Pomegranate Blueberry, Strawberry Banana, Mango Orange Passion Acai Mixed Berry, Goji Raspberry, Light Peach Mango, Light Strawberry banana, Light Pomegranate Blueberry and Passionfruit Tangerine ■ Old South Apple Juice
<p>Potato/sweet potato - homemade or commercial</p>	<ul style="list-style-type: none"> ■ Compliments Shredded Hash Browns ■ McCain Oven Roasts Yukon Gold with Sea Salt (baked in oven, not deep fried) ■ McCain Oven Roasts Mediterranean (baked in oven, not deep fried) ■ McCain Oven Roast Whole Baby Potatoes (baked in oven, not deep fried) ■ McCain Oven Roasts Cajun (baked in oven, not deep fried) ■ Simply Potatoes - Diced Potatoes with Onion ■ Simply Potatoes - Homestyle Slices

Vegetables and Fruit - Serve Moderate ■

Vegetables and Fruit - fresh, frozen, canned, dried bottled, bowls

- Del Monte Refrigerated Fruit Cups - Citrus Salad
- Del Monte Refrigerated Fruit Cups - Pineapple Chunks
- Del Monte Refrigerated Fruit Cups - Peach Chunks
- Del Monte Refrigerated Fruit Cups - Tropical Medley
- Del Monte fruit salad in light fruit juice syrup
- Del Monte diced pears in light fruit juice syrup
- Del Monte mandarin oranges in light fruit juice syrup
- Del Monte Mong-o-licious
- No Name Fruit Salad in light syrup
- No Name Pears in light syrup
- No Name Peaches in light syrup
- No Name Diced Pineapple in light syrup
- Motts Fruitsations - Apple and Pear, Fruit Blend
- PC Appletreet - Apple Cinnamon, Apple Strawberry
- Ocean Spray Craisins
- Dole Gels - mixed fruit in cherry, mandarins in orange, peaches in strawberry

Potato/sweet potato - homemade or commercial

- Fries- baked in oven, NOT deep fried:
- Cavendish Farms Regular Shoestring Fries
 - Cavendish Farms Regular Straight Cut Fries
 - McCain Superfries
 - McCain Straight Cut French Fried Potatoes
 - McCain Crinkle Cut French Fried Potatoes
 - McCain Golden Crisp Ovenable Fries
 - Oven Crisp Shoestring Fries
 - Oven Crisp Straight Cut Fries
 - McCain Country Style Wedges

Vegetables and Fruit - Not Included ❌

<p>Vegetables and Fruit - fresh, frozen, canned, dried bottled, bowls</p>	<ul style="list-style-type: none"> ❌ Compliments Junior Fruit Treasures – Mandarin Oranges ❌ Compliments Junior Fruit Treasures - Peach ❌ Compliments Junior Fruit Treasures – Peach & Pears ❌ Dole Fruit Parfaits ❌ McCain Cool Quenchers – All Flavours ❌ Old South Fruit Beverages – All Flavours ❌ V8 Splash juice drink- Berry blend, Fruit Medley, Mango Peach, Strawberry Kiwi and Tropical Blend
<p>Potato/sweet potato - homemade or commercial</p>	<ul style="list-style-type: none"> ❌ Cavendish Always Crisp Crinkle Cut Fries ❌ Cavendish Always Crisp Shoestring Fries ❌ Cavendish Always Crisp Spicy Straight Cut Fries ❌ Cavendish Flavor Crisp Crispy Coated Straight Cut Fries ❌ Cavendish Flavor Crisp Straight Cut Fries ❌ Cavendish Flavor Crisp Spicy Wedges ❌ Cavendish Farms Hash Browns ❌ McCain Superquick fries ❌ McCain Roasters ❌ McCain Fun Fries - Smiles ❌ McCain Tasty Taters ❌ McCain Spirals ❌ McCain Shoestring French Fried Potatoes ❌ McCain Supershoes ❌ McCain Supercrisps Savory Wedges ❌ McCain Super Patty Triangles ❌ Compliments Garlic Mashed Potatoes
<p>Fruit leather/bars</p>	<ul style="list-style-type: none"> ❌ Fruit Roll-Ups ❌ Florida's Natural Au'some Fruit Nuggets all flavours ❌ Florida's Natural Nugget String Sticks ❌ Betty Crocker Fruit Snacks – Scooby Doo, Dora, Spider Man & Sponge Bob ❌ Kellogg's Yo-Go's ❌ Maynard's Fruit Mania ❌ President's Choice Fat Free Fruit Bars All Flavours ❌ RealFruit Minis fruit snacks - Medley ❌ RealFruit Minis fruit snacks – Orchard ❌ RealFruit Minis fruit snacks– Wild Kingdom ❌ Welch's Fruit Snacks

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