

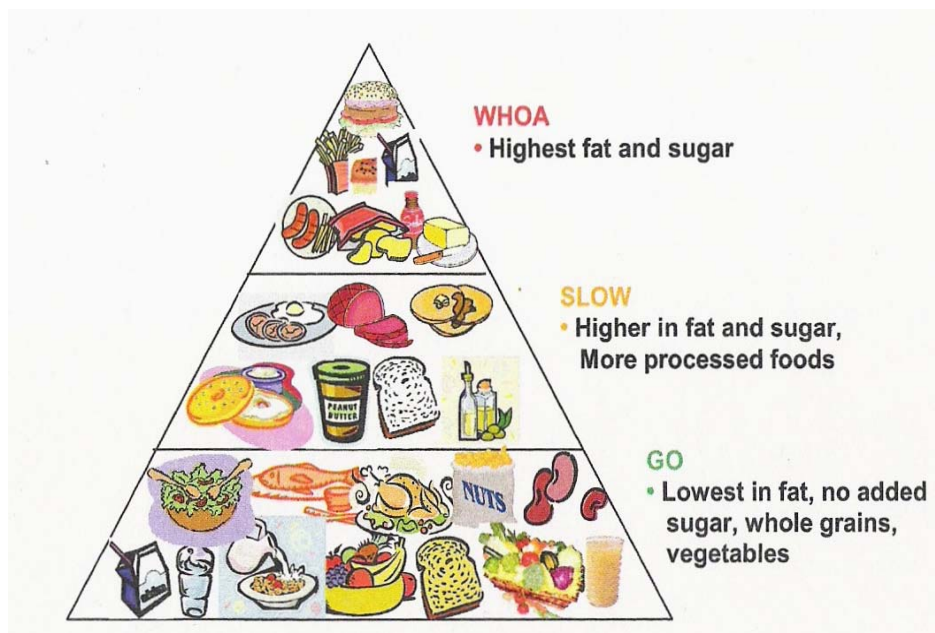
# Welcome to CATCH!



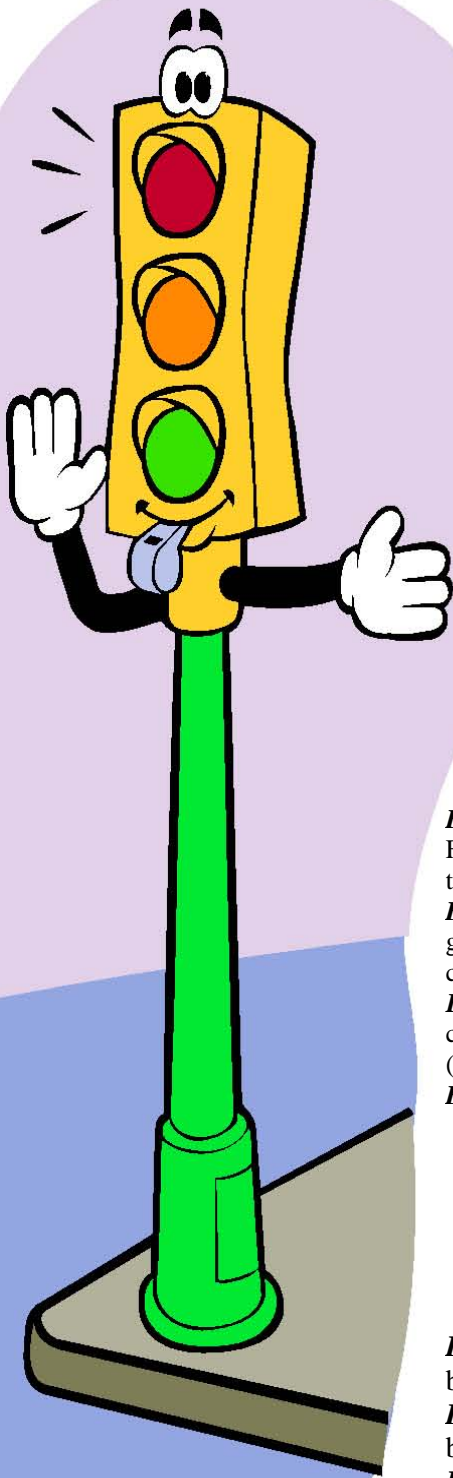
To assist students and parents in making healthy breakfast and lunch choices, we have placed our menu items into three categories: **GO**, **SLOW**, and **WHOA**. These categories are part of the *CATCH Program-Eat Smart School Nutrition Guidelines*. All foods can fit into a healthy diet, but most of the foods we eat should be consumed from the **GO** food category. **GO** foods are foods you can eat “almost anytime,” **SLOW** foods are “sometimes foods,” and **WHOA** foods are “once in a while foods.”

Foods are labeled **GO**, **SLOW**, and **WHOA** based on their content of the following:

- **Sugars**, mainly added sugars and syrups
- **Fats**, focusing on saturated fat and trans fat
- **Sodium**, mostly from added salt



# CATCH a Healthy Meal



## GO FOODS

**Breakfast/Grains:** cereal (no added sugar), oatmeal, grits, graham crackers (variety), steamed rice, pizza pocket, bread, toast, roll, gingerbread, bread sticks

**Milk:** variety of flavored nonfat & LF milk

**Entrees:** chili cheese wrap, mac & cheese, ravioli, spaghetti, chef salad, hamburger, fish, cheese pizza, pizza sticks, chicken (non-breaded)

**Fruit:** fresh, canned (in light syrup or juice), dried, 100% juice

**Veggies:** green beans, peas, beans, vegetable soup, carrots, salsa, greens, side salads, broccoli, lettuce, tomato, Mexicali corn mixed vegetables, okra, corn, yams, and all fresh vegetables

**Extras:** mustard, string cheese

## SLOW FOODS

**Breakfast/Grains:** whole grain pop tarts, sugar-sweetened cereal, pancakes, waffles, French toast, tacos, omelet, frittata, cinnamon toast, LF donut, pepperoni pizza strip, turkey sausage, cornbread, dirty rice, fried rice, saltine crackers, cheddar-fetti crackers

**Entrees:** burrito, PB&J, meatballs, taco boat, lasagna, Mexican lasagna, nachos, LF grilled cheese, Salisbury steak, beef tips, cheeseburger, pepperoni pizza, LF corn dog, chicken (breaded), turkey & dressing

**Fruit/Veggies:** orange glazed carrots, green chili casserole, squash casserole, corn casserole, cheesy green beans, fruit pop, yogurt, sherbet, beans (all varieties), potatoes (all varieties), corn & green bean bake, cole slaw, carrot soufflé, sweet potato bake

**Extras:** peanut butter, LF chips, ketchup, LF gravy, LF salad dressing, LF mayo, jelly

## WHOA FOODS

**Breakfast/Grains:** toasty PB crackers, pancake on a stick, kolache, breakfast pizza, biscuit

**Entrees:** boudain, steak burger, red beans & sausage, steak fingers, BBQ on bun, chicken fried steak, BBQ ribbles, chili

**Extras:** syrup, jello, pickles

\*\*LF = low-fat