



Food canteen list for the academic year 2016 -2017

- Foods allowed to sell in the school canteen.

- Foods allowed to sell in the school canteen, only if matched the relevant conditions.

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Type	Classification			Notes and conditions
	Allowed	Allowed with conditions	NOT Allowed	
Beverages				
Mineral water				Not frozen
Pasteurized milk or Laban / (low fat) , flavored milk				<ol style="list-style-type: none"> 1. Fresh or long term. 2. Added flavor (only strawberry, banana, and chocolate). 3. Fortified by vitamins and minerals such as (V.D and Calcium)
Fruit juice				<ol style="list-style-type: none"> 1. Fresh 100%. 2. Fortified by vitamins and minerals such as V.C. 3. Unsweetened. 4. Size supplied only 250ml or less.
Hot Drinks (tea and coffee)				<ol style="list-style-type: none"> 1. Serve only in paper cup. 2. Provided only for (intermediate and secondary stage).

				<p>3. Avoid using 3 in 1 bags.</p> <p>4. Tea or plain coffee must be prepared by adding : (14 ml milk + 10 g sugar)</p>
Fruit drinks or nectar				
Soft drinks				
Energy drinks				

Type	Classification			Notes and conditions
	Allowed	Allowed with conditions	NOT Allowed	
Sandwiches				
<p>Different types of sandwiches that contain different types of fillings such as:</p> <ul style="list-style-type: none"> - Grilled teca Chicken Sandwich / Shish Taouk. - Cheese sandwich. - Falafel sandwich. - liver sandwich. - Kemah sandwich.. - boiled egg sandwich.. - grilled burger sandwich (beef or chicken). - Mushroom chicken sandwich. - sliced turkey breast sandwich. - meat sandwich "meatballs balls." - chicken sandwiches (nuggets) or chicken fillet. 				<ol style="list-style-type: none"> 1. Only vegetable oil used for frying. 2. No trans or saturated fat. 3. Sliced vegetable must be added to the sandwiches. 4. Provide brown or whole wheat bread. <ul style="list-style-type: none"> - Varieties of bread type must be served (slice bread, Lebanese bread, ..etc.). 5. Fried potato not allowed to add in the sandwich. 6. Mustard and ketchup can be added.(10-15 gm/ sandwich). 7. Low fat cheese used only, no cream cheese. 8. No skin or poultry fat must be served. 9. Falafel sandwich should be prepared from chick peas, not beans.
Processed meat “ sausage , mortadella”				

Chicken mayonnaise sandwich				
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Type	Classification			Notes and conditions
	Allowed	Allowed with conditions	NOT Allowed	
Fruit and vegetables				
Fresh medium size fruit : <ul style="list-style-type: none"> - Banana. - Apple. - Kiwi. - Pear. - Mandarin. 				
Fresh vegetables (carrot, cucumber)				
Dried fruit such as (apricot, raisin , figs)				DO not exceed 10 pieces per bag.
Corn				DO not exceed 10 pieces per bag.
Olives				DO not exceed 10 pieces per bag.
Fruit or vegetable salad				1.fresh fruit and vegetables (tomato not include) . 2.salt ,mayonnaise and dressing are not allowed to add. 3. sweet syrup not allowed.

Type	Classification			Notes and conditions
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Pastries				
Pastries and pies such as : <ul style="list-style-type: none"> - Pizza. - Labaneh. - Cheese, - Spinach. - Vegetables. - Chicken. - Beef. - Zaatar. 				<ol style="list-style-type: none"> 1. Size not exceed 52 gm. 2. Salt quantity not more than 5 gm/ 1kg flour. 3. Only vegetable oil used. 4. No saturated or trans-fat.
Hot dog or mortadella				
Croissant				
Puff pastry dough				

Type	Classification			Notes and conditions
	Allowed	Allowed with conditions	NOT Allowed	
Light snack				
Biscuits and Mamoul				<ol style="list-style-type: none"> 1. With no cream. 2. Not covered by sugar or salt. 3. Preferably prepare by fortifies flour or bran. 4. Preferably stuffed with fruit such as (dates, raisin, figs)
Chocolate				<ol style="list-style-type: none"> 1. With no nuts (for reason related to allergies). 2. Small sized only offered that do not exceed 25 gram. 3. Dark chocolate prefer to offered.
Ice cream				<ol style="list-style-type: none"> 1. Prepared from milk only. 2. Small cups without biscuits.
Nuts				<ol style="list-style-type: none"> 1. Offered in small bags only. 2. raw nuts must be served ,”not salted”, 3. not allowed to offered for primary school (reason related to allergies).
Popcorn				<ol style="list-style-type: none"> 1. offers with small amount of vegetable oil and salt. 2. Not allowed to serve flavored popcorn (caramel, chocolate and cheese).
Plain or flavored yogurt				Must be Fortified by vitamins and minerals such as V.D and Calcium..
Cereals (corn flakes)				<ol style="list-style-type: none"> 1. Exclude sugar-coated pieces. 2. Plain and dried fruit types. 3. Preferred whole wheat “ bran” types.
Potato crisps (chips)				
Sweet and candies				