The Bradford Food Guide

Green Light Food
Offer Freely

Fruit
- Fresh fruit: apples, apricots, bananas, blueberries, strawberries, raspberries, cherries, citrus (grapefruit, oranges), grapes (red, green or purple), kiwis, mango, melon (cantaloupe, honeydew, watermelon), nectarines, peaches, pears, pineapple, plums
- Unsweetened applesauce
- Fruit cups and canned fruit in 100% fruit juice
- Dried fruit with no added sugar raisins, apricots, pineapple
- Fruit leather without added sugar-Nature Value, Stretch Island

Vegetables
- Raw Vegetables: avocado, broccoli, carrots, cauliflower, celery, cucumber, edamame, peppers (green, red, yellow), snap peas, snow peas, string beans, tomatoes, zucchini
- Dip/Dressing
- Hummus
- Guacamole, Salsa
- Bean Dip
- Cream Cheese
- Alternative Nut Butters
- Low-Fat Salad Dressing

Whole Grains
(Whole Grain is listed as the first or almost first ingredient)
- Whole Grain Bread Products- English
- Muffins, Tortillas, Pita, Bread

Light Fat Dairy
- Low Fat, Low Sugar Yogurt
- Low Fat Cheese

Protein
- Eggs- Hard Boiled
- Lean Dell Meat (optimally processed without added preservatives/chemicals)
- sodium nitrates/nitrates

Beverages
- Water, sparkling water, milk and dairy alternatives (rice, soy, coconut), herbal ice tea, 100% fruit juice

Yellow Light Food
Offer Sparingly

Fruit
- Fruits processed with some added sugar such as fruit cups, dried fruit or fruit leather

Grains/Carbohydrates
- Products without whole grain as the first ingredient and added sugar (crackers, chips, bars, pretzels, graham crackers, cookies)

Dairy
- Products with higher sugar content or fat content
  - Flavored Milk
  - Certain Yogurt Products

Light Fat Dairy
- Low Fat, Low Sugar Yogurt
- Low Fat Cheese

Protein
- Eggs- Hard Boiled
- Lean Dell Meat (optimally processed without added preservatives/chemicals)
- sodium nitrates/nitrates

Beverages
- Water, sparkling water, milk and dairy alternatives (rice, soy, coconut), herbal ice tea, 100% fruit juice

Soda is not welcome at Bradford Elementary School

The 70/30 Guideline
Events, Parties, Snacks at Bradford can follow the simple guidelines of attempting to provide 70% or more of food choices from the Green Light List and use judgement when supplying foods from the Yellow and Red Light Lists.

The Good Choice List
These brands offer good choices for snacks, party and event food.