

Cakes, Cookies, and Pies and Healthy School Meals

Menu-Planning Practices for Healthy School Meals

- Reduce the fat in some baked goods by replacing up to half the fat with fruit or bean purees.
- Offer school-baked cakes, cookies, and pies, replacing most of the white flour with whole wheat flour. Begin slowly by replacing one-third of the white flour with whole wheat flour and gradually increasing until the whole wheat part is greater than 50 %.
- Serve with fruit filling or fruit sauce.

Minimum fat needed in baked items:

Cakes, soft drop cookies	2 tablespoons fat per 1 cup flour
Pie crust	4 tablespoons fat per 1 cup flour

Purchasing Practices for Healthy School Meals

- Purchase polyunsaturated and/or monounsaturated oils, such as canola, corn, cottonseed, olive, peanut, safflower, soybeans, or sunflower oils.
- Do not purchase lard.
- Avoid hydrogenated oils/fats which may contain trans fats.
- Replace higher fat dairy products with lowfat dairy products.
- Use non-stick cooking sprays on baking pans.

Cakes, cookies, and pies are classic dessert items popular with every age group, including students. Although some cake and cookie recipes are high in fat, like an old-fashioned pound cake, many new cake recipes have been modified to reduce the fat. As with any

food that includes fat and sugar, cakes and other desserts should be served as an occasional treat for students, not added to every menu.

Cakes, cookies, and pies, like most other baked desserts, are classified as discretionary calories because they include both fat and sugar. Moderation is the key. Cakes, cookies, and pies are added to some school menus to increase the calories to meet students' needs for energy.

The nutritional value of traditional cakes, cookies, and pies can be enhanced by serving them with fruit toppings, fruit garnishes, or fruit added to the cake batter. These more nutritious toppings and additions can take the place of the traditional cake icing. Look for new cake recipes where some of the fat has been replaced by a fruit puree. Also consider using cake, cookie, and pie recipes that include added fruit, either fresh or dried.

One of the important jobs of a school menu is to help students learn to choose foods wisely. By offering desserts sometimes, but not every day, students can learn that desserts are fine to eat, but in moderation. When cakes, cookies, pies, and other desserts are on the menu, follow the recipe carefully so the product will be the best quality. A special treat should really be special.



Portion control is a very important part of serving quality cakes, cookies, and pies. Cost control and customer satisfaction must be considered. Equal portions cut according to the yield of the recipe should be standard procedure.

