

# CANTEEN IDEAS FOR SCHOOL TOURNAMENTS & DANCES



All of the items listed below fit with the Provincial School Food Guidelines and would be fine to serve at sporting events or school dances.

## **BEVERAGES**

- Bottled water
- 100 % fruit juice
- White or chocolate milk (2% or less)



## **GRAIN SNACKS**

- Quaker Granola Bars
- Nature Valley Granola Bars (Crunchy, Trail Mix, or Yogurt)
- Kellogg's Nutrigrain Cereal Bars
- Popcorn (light, in a single serve bag)
- Animal Crackers/ Teddy Grahams (Honey)
- Baked Ruffles (Cheddar and Sour Cream)
- Baked Lays (Original)
- Baked Doritos (Nacho Cheese)



## **MILK SNACKS**

- Cheese strings (skim milk cheese)
- Yogurt tubes (try frozen)

## **FRUIT & VEGGIE SNACKS**

- Fresh fruit
- Fruit cups
- Homemade or store-bought smoothies (Yoplait Yop, Silhouette Smoothie)
- Carrots (or other vegetable) and light dip



## **HOT MEALS**

- Homemade soup
- Chili (made with lean meat) with whole wheat bun
- Hamburgers (made with lean meat) on whole wheat bun
- Pizza (cheese, Hawaiian, or vegetarian)

