

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)

