

Canteen Ideas for School Dances & Sporting Events

Looking for tasty, student-friendly snack ideas for your school dance or sporting event? Try some of the items listed below, which fit with the *provincial School Food Guidelines*.

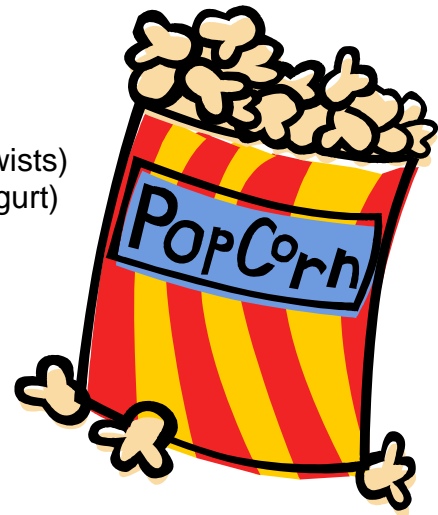
Beverages

Bottled Water
100% Fruit Juice
White or Chocolate Milk (2% or less)



Grain Snacks

Animal Crackers
Teddy Grahams (Honey)
Thinsations (All Flavours)
Nutrigrain Munchems (All Flavours)
Popcorn (Light, in a single serve bag)
Baked Doritos (Nacho Cheese)
Baked Lays (Original)
Baked Ruffles (Cheddar and Sour Cream)
Rold Gold Pretzels (Classic Thins or Honey Wheat Twists)
Nature Valley Granola Bars (Crunchy, Trail Mix or Yogurt)
Quaker Granola Bars (Chewy or Oatmeal to Go)



Milk Snacks

Cheese Strings (Skim Milk Cheese)
Yogurt Tubes (try frozen)
Hunts Squeeze 'n Go Pudding Tubes (try frozen)

Fruit Snacks

Fresh Fruit
Fruit Cups
Fruit To Go Dried Fruit Snacks
Homemade or store-bought smoothies (PC Fruiti-Yo, Silhouette Smoothie or Yoplait Yop)