

THE ULTIMATE

SCHOOL CANTEEN CHECKLIST

FRESH FRUIT & VEG!

- Apples** delicious & nutritious!
- Bananas** always a good idea!
- Berries** berry nice!
- Nectarines** or peaches - take your pick!
- Melons** so sweet!
- Tomatoes** for tasty-toasties!
- Cucumbers** to keep it cool!
- Carrots** for colour & crunch!
- Broccoli** great source of iron!
- Lettuce** for salads and sambos!
- Baby spinach** iron & folate for days!
- Potatoes** I'll have mine baked please!
- Coleslaw** the queen of salads!
- Herbs** zesty, fresh flavour!

BAKERY!

- Fresh bread** sliced is nice!
- English muffins** two, with butter!
- Wraps** wrap em up and roll em out!
- Rolls & buns** who doesn't love one?
- Scrolls** yum, I'll have one please!
- Pizza bases** for a "pizza" perfection!
- Crumpets** best served hot!

HEALTHIER SNACKS!

- Lentil chips** healthy, crunchy, good!
- Crackers** kids go mad for these!
- Muesli bars** perfect for recess!
- Rice cakes** so light, so crunchy!
- Popcorn** lightly salted for the win!
- Yoghurt pouches** healthy-squeezy-good!

DRINKS!

- Fresh milk** calcium-to-go!
- Flavoured milk** ... a little bit fancy!
- Oat, almond AND soy milk** all the milks!
- Juice poppers** juice on the move!
- Coconut water** no palm trees required!
- Flavoured mineral water** ... for big kids only!

LUNCH IDEAS!

- BBQ chicken & salad wrap** yum!
- Fresh salad roll** delicious & nutritious!
- Roasted vegetable salad** so tasty!
- Healthier veggie pizzas** mmm-mazing!
- Jacket potatoes** coated in goodness!
- Turkey sandwich** yes, thank you!
- Yoghurt & muesli pot** I'll take two please!