

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 Crunchy little trees

Lettuce for salads and sambos

Baby spinach leafy greens

Potatoes I'll have mine baked please

Coleslaw the queen of salads

Herbs zesty, fresh flavour

BAKERY

Fresh bread sliced is nice

English muffins toasted, please

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

HEALTH- IER SNACKS

Lentil chips crispy, crunchy, good

Crackers kids go mad for these

Rice cakes so light, so crunchy

Popcorn lightly salted for the win

Yoghurt pouches squeezey-goodness

DRINKS

Fresh milk calcium-to-go

Flavoured milk a little bit fancy

Oat, almond AND soy milk calcium, please

Juice poppers 100% fruit juice for the win

Flavoured mineral water for big kids only

LUNCH IDEAS

**BBQ chicken
& salad wrap** yum

Fresh wholegrain salad roll delicious

Roasted vegetable salad so tasty

Healthier veggie pizzas mmm-mazing

Jacket potatoes coated in goodness

Turkey sandwich on wholegrain

Yoghurt & muesli pot I'll take two please