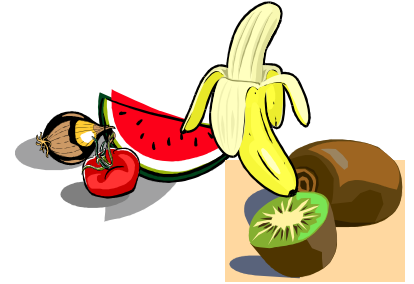


# Snack ideas for school canteens

## Ready to serve snacks

- Fresh or frozen fruit
- Fruit tubs (canned in natural juice)
- Dried fruit boxes
- Frozen 99% juice tubes
- Yoghurt , Fruche, custard tubs
- Water crackers, rice cakes or corn thins
- Fruit buns
- Reduced fat cheese sticks/cubes
- Nut packs<sup>#</sup>



## Less than 10 minute preparation

- Corn on the cob
- Frozen banana on a stick, orange quarters
- Freshly curled apple slice
- Fruit kebabs –thread fruit cubes onto ice-cream stick or uncooked spaghetti stick
- Fruit salad
- Frozen fruit blocks – 100% fruit juice poured into ice cube trays. Add icy pole sticks to each when nearly frozen
- Celery boats – filled with cream cheese, hummous or peanut butter<sup>#</sup>
- Salad packs with a selection of cheese, carrot, celery and or other crunchy vegies
- Hard boiled eggs
- Fruit bread toasted-an option is to spread it with reduced fat cream cheese



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- Hot cheese roll
- Freshly made plain popcorn – in cups, ice-cream cones or bags
- Cheese shapes – cut into shapes with fancy biscuit cutter and then place on tooth pick
- Trail mix – use a breakfast cereal as base and add a mix of dried fruit, seeds popcorn. Use a low fat, sugar and reduced salt variety of cereal.

### Simple canteen made snacks\*

- Pikelets, scones or muffins-add fruit or vegetables
- Savoury toast –top bread with sauce, capsicum, ham and cheese and grill-cut into fingers
- Cheese and corn toast- mix 2 parts reduced fat grated cheese to 1 part creamed cheese and spread 2 tablespoons per slice of wholemeal bread
- Mini quiches-line a muffin tin with wholemeal bread and fill with a mix of cheese, egg, milk, corn, capsicum, mushroom
- Fruit cups- top tinned fruit or fresh fruit with reduced fat yoghurt and top with un toasted muesli
- Jellied fruit topped with reduced fat yoghurt
- Vegetable frittata-cut into wedges
- Mini nachos^-30g corn chips, 2 tablespoons salsa, 2 tablespoons grated cheese and 1 heaped tablespoon of a mixed of refried beans, kidney beans, carrot, capsicum or other vegetables
- Vegetable soups



# do not use if school is nut free

\* See resource sheet "Food storage guide for ideas on using excess ingredients

^ TSCA approved recipe



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SOURCE: Canteen Cuisine Western Australia School Canteen Association

