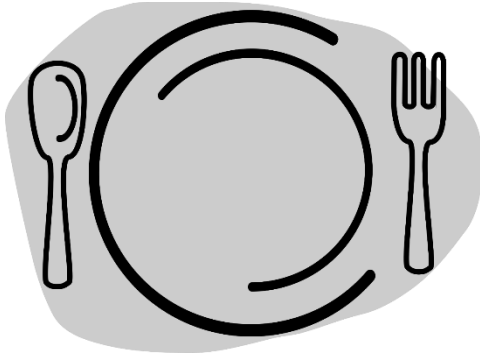


## What's in your Canteen?



Canteen hot food choices include pizza, hot dogs, and special pre-ordered items which will be announced throughout the year. In addition, a variety of snacks and drinks are also available for sale.

To promote more nutritious food choices at school, the following changes have been made to our Canteen program this year:

- Snack/drink tickets will be limited to \$2 per student per Canteen. Students may still purchase up to two pizza slices or hot dogs.
- "Sometimes" items will be limited to one per student per Canteen.

Many tasty options are offered for snacks and drinks at Canteen. Some are healthier food choices than others. Take a moment to consider if you are making a good choice for your lunch.

We're looking forward to serving you your Canteen. Enjoy your lunch!

### "Sometimes" Snacks & Drinks

These typical Canteen snacks and drinks are tasty treats that should be enjoyed "sometimes" only. They may be higher in fat, sodium or sugar than other options. These items will be limited to one (1) per student per Canteen.

- Fruit juice boxes, all flavours
- Chips, all varieties
- Rice Krispies treats
- Pudding, all flavours
- Yogurt drinks, all flavours

### "Better" Snacks & Drinks

These typical Canteen snacks and drinks are delicious options that are "better" choices. Consider choosing these items more often than "Sometimes" options. Drinking water from the filtered water station is always a great healthy choice!

- Chocolate chip granola bars
- Roasted seaweed
- Fruit gummies
- Cheese strings
- Gold Fish crackers
- Applesauce, all flavours