



## Fresh Taste Ideas for the 5 to 50c price range

### These have proved popular in NSW schools

- Dried fruit with and/or nuts in patty cake cases
- Fresh/frozen fruit pieces such as pineapple, apple, rockmelon, strawberries, passionfruit, orange and grapes
- Individual or small bags of cereals - vary for interest and what is on special at the supermarket, e.g.
  - Mini Wheats ( fruit filled) - individual pieces (5c) or by scoop
  - Uncle Tobies OT's - sold by the scoop
  - Fruity Bix - individual pieces (5c) or by scoop
  - Cherrios sold by the scoop
  - Nutrigrain ( amber) sold by the scoop
- Mini pikelets with jam or honey (Add grated/mashed fruit such as apple, banana, apricot, strawberries or reduced fat cheese for different flavours)
- Small bags of unsalted air popped popcorn made by canteen. Add small amounts of different dried fruits or cereals (eg fruity Bix, Mini Wheats, OTS) for variety.
- Rice cakes or corn thins ("popcorn biscuits") or ryvita plain with peanut butter, vegemite, jam, low fat cream cheese or tomato slices (if you serve straight away)
- Small cob of corn (frozen variety)
- Garlic Bread or Herb Bread Slices - Lightly brush  $\frac{1}{2}$  bread rolls or French stick slices with olive oil & crushed garlic/ basil flakes

***Nutrition services – Wagga Wagga Community Health Centre ph 69386411***

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Batemans Bay Public School, St Mary's Primary School, Mt Terry Public School*

- Pinwheels - sliced bread (crust removed) spread with a moist filling then rolled lengthways and cut into slices (5-10c). Try low fat cream cheese and 100% fruit jam
- Crumpets (whole or  $\frac{1}{2}$ , plain/wholemeal) toasted and served with 100% fruit jam, honey (30-50c) (margarine not required)
- Frosty Flavours - healthy ingredients frozen in ice cube trays (plain or fancy) or 20-30ml taste test size cups.
  - Strawberry dippers (1/4 strawberry on a stick with yoghurt/low fat custard) Use any seasonal or dried fruit for variety
  - Vegie dippers (vegie stick/s + plain yoghurt mixed with corn relish)
  - Frozen flavoured trim milk\*
  - Frozen yoghurt with/without fruit\*
  - Frozen mango or apricot nectar\*
  - Reduced fat custard\*

(\*1/2 -1 pop stick can be added for serving)
- $\frac{1}{4}$  pieces of cheese melted on wholemeal toast
- vegemite/peanut butter or tomato quarters on wholemeal, multigrain salada or plain rice crackers etc
- individual mini bread sticks
- Stuffed potatoes - made with chat potatoes, cooked and cut in half with chopped ham and grated cheese and warmed in pie oven. Sold for 40c

LARGER SERVES CAN BE SOLD AT HIGHER PRICES

