



*School Nutrition  
Information Line*

Need more help  
with guidelines and  
policies?

Call 1-888-547-0535  
toll free to get  
assistance from  
the school nutrition  
support team.

*Visit the Food in  
Schools website:*

*[www.gov.mb.ca/  
healthyschools/  
foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)*

## Fall Food

Treat your school with these nutritious ideas for canteens, concessions, cafeterias and classrooms.

### Quick and Easy

- ✓ Corn on the Cob
- ✓ Pumpkin Bars or Muffins
- ✓ Pumpkin Oatmeal Cookies
- ✓ Orange or Peach Frozen Yogurt Tubes
- ✓ Baked Apples
- ✓ Popcorn

### Spooky Special

- ✓ Boo Berry Oatmeal Muffins
- ✓ Pizza Mummies
- ✓ Goblin Mix (vegetables and dip)
- ✓ Cheddar Cheese and Crackers

### Warm Fall Lunch Ideas

- ✓ Baked Chicken Drumsticks
- ✓ Baked Potato Bar
- ✓ Fajita
- ✓ Grilled Sub Sandwiches
- ✓ Meatloaf Muffins
- ✓ Pita Pizza
- ✓ Spicy Chili
- ✓ Vegetable Soup

### Canteen Recipe

#### Pizza Mummies

Press biscuit mix or pizza dough into a muffin tin.

Top with a spoonful of prepared taco meat or chopped lean ham and pizza sauce.

Wrap the top with thin slices of mozzarella cheese.

Place 2 black olive slices on top for eyes.

Bake and serve.

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