

Healthy Food in Schools



*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)

St. Patrick's Day

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

Quick and Easy

- ✓ Scones
- ✓ Irish Soda Bread
- ✓ Sliced green apples with vanilla yogurt
- ✓ Leprechaun pistachio pudding (*nuts)
- ✓ Peppermint smoothie
- ✓ Rainbow fruit skewers

Daily Special

- ✓ Irish Stew and Dumplings
- ✓ Vegetable Soup with Cabbage
- ✓ Potato Pancakes
- ✓ Baked Apples

Fruit and Vegetable Tasting Party

Have a taste of something green you may not have tried before. Serve with spinach dip, or vanilla yogurt.

- ✓ Broccoli
- ✓ Celery
- ✓ Cucumbers
- ✓ Green Beans
- ✓ Green Onions
- ✓ Peas
- ✓ Lettuce
- ✓ Spinach
- ✓ Green Grapes
- ✓ Honeydew Melon
- ✓ Kiwi
- ✓ Pears



Recipe

Irish Oatmeal Scones



- 1 3/4 cups flour
- 1/4 cup oatmeal
- 4 teaspoons baking powder
- 1/3 cup soft non-hydrogenated margarine
- 2/3 cup milk

- ✓ Mix dry ingredients, cut in margarine and add milk to form soft dough.
- ✓ Knead lightly 4-5 times and roll 3/4 inch thick.
- ✓ Cut with biscuit cutter or drinking glass.

Bake 15 to 20 minutes at 425°

Blueberries, raisins or grated cheese could be added as a variation.

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