

# Student Nutrition Program

## Morning Meal-SAMPLE Menus (NO on-site food preparation)

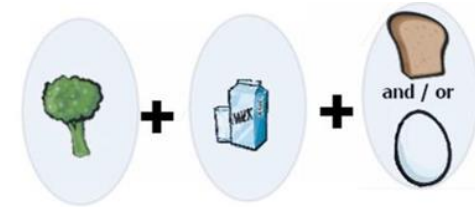
- These sample menus are designed for student nutrition programs with **limited food preparation facilities** and/or **limited volunteers/staff** to prepare foods.
- If items are being served individually wrapped, they can be bought in single serving containers or they can be individually portioned on-site.
- These menus are suitable for a grab and go and/or bin/tray style service.

For help with menu planning, see the [Student Nutrition Program Nutrition Guideline](#) or email [snp@toronto.ca](mailto:snp@toronto.ca).

For help with [food safety](#), [level of food preparation that can be done at your site](#) and/or [COVID-19 related questions](#), email [dinesafe@toronto.ca](mailto:dinesafe@toronto.ca).

### A meal includes 3 food groups:

- 1 serving of **Vegetables and Fruit**
- 1 **Milk and Alternatives**
- 1 **Grain Products and/or Meat and Alternatives**



Always have tap water available.

|        | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|--------|---|---|--|---|---|
| Week 1 | <ul style="list-style-type: none"> <li>• Banana</li> <li>• Yogurt cup</li> <li>• Granola bar</li> </ul>       | <ul style="list-style-type: none"> <li>• Applesauce cup</li> <li>• Milk carton</li> <li>• WW Melba toast</li> </ul> | <ul style="list-style-type: none"> <li>• Raisins</li> <li>• Cheese String</li> <li>• WG Cracker</li> </ul>         | <ul style="list-style-type: none"> <li>• Clementine</li> <li>• Fresh cheese cup</li> <li>• WW Muffin</li> </ul> | <ul style="list-style-type: none"> <li>• Fruit cup</li> <li>• Milk carton</li> <li>• Naan &amp; hummus</li> </ul> |
| Week 2 | <ul style="list-style-type: none"> <li>• Apple</li> <li>• Milk carton</li> <li>• Granola Bar</li> </ul>       | <ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese stick</li> <li>• WG Pitas</li> </ul>        | <ul style="list-style-type: none"> <li>• Banana</li> <li>• Yogurt tube</li> <li>• WG Muffin</li> </ul>             | <ul style="list-style-type: none"> <li>• Applesauce cup</li> <li>• Cheese stick</li> <li>• Roti</li> </ul>      | <ul style="list-style-type: none"> <li>• Orange</li> <li>• Milk</li> <li>• WW Crackers</li> </ul>                 |
| Week 3 | <ul style="list-style-type: none"> <li>• Mini cucumber</li> <li>• Cheese stick</li> <li>• WW Bread</li> </ul> | <ul style="list-style-type: none"> <li>• Snap peas</li> <li>• Milk carton</li> <li>• Granola bar</li> </ul>         | <ul style="list-style-type: none"> <li>• Green beans</li> <li>• Fresh cheese cup</li> <li>• WW Crackers</li> </ul> | <ul style="list-style-type: none"> <li>• Fruit cup</li> <li>• Milk carton</li> <li>• Bannock</li> </ul>         | <ul style="list-style-type: none"> <li>• Baby carrots</li> <li>• Yogurt drink</li> <li>• Hummus</li> </ul>        |

WG- Whole Grain, WW-Whole Wheat

Based on the Nutrition Guideline for Student Nutrition Programs (SNP). Toronto Public Health (2017); Rev September 2020