

Student Nutrition Program

Morning Meal-SAMPLE Menus (on-site food preparation)

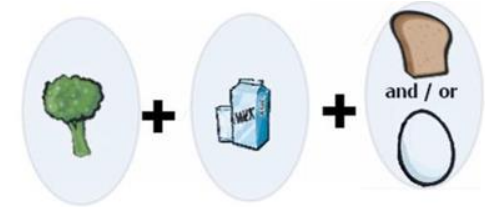
- These sample menus are designed for student nutrition programs with the **required food preparation facilities** and **volunteers/staff** to prepare foods.
- If items are being served individually wrapped, they can be bought in single serving containers or they can be individually portioned on-site.
- 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.

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.

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"> • Parfait (Mixed berries, granola, yogurt) 	<ul style="list-style-type: none"> • Cucumber, slices • Hard cooked egg • Milk 	<ul style="list-style-type: none"> • Veggie sticks • Hummus • Milk 	<ul style="list-style-type: none"> • Fruit sauce • WW carrot muffin • Fresh cheese cup 	<ul style="list-style-type: none"> • Apple • Grilled cheese sandwich (WG bread, cheddar cheese)
Week 2	<ul style="list-style-type: none"> • Egg wrap (Fruit, WW flat bread, cheese, scrambled egg) 	<ul style="list-style-type: none"> • Baby carrots • Cheese stick • WW pita 	<ul style="list-style-type: none"> • Seasonal fruit • WW French toast • Milk 	<ul style="list-style-type: none"> • Apple sauce • Cheese stick • Granola bar 	<ul style="list-style-type: none"> • Quesadilla (Tomato & green pepper, WW tortilla, cheddar cheese, black beans)
Week 3	<ul style="list-style-type: none"> • Orange • WG bagel • Fresh cheese cup 	<ul style="list-style-type: none"> • Pizza (Tomato sauce, WW English muffin, mozzarella cheese, mushrooms & peppers) 	<ul style="list-style-type: none"> • Green beans • Fresh cheese cup • WW crackers 	<ul style="list-style-type: none"> • Veggie wrap (chopped vegetables, cheese, hummus, WW tortilla) 	<ul style="list-style-type: none"> • Parfait (Mixed berries, granola, yogurt)

WG- Whole Grain, WW-Whole Wheat

Based on the Nutrition Guideline for Student Nutrition Programs (2016). Toronto Public Health (2017); Rev September 2020