

# Student Nutrition Program

## Snack-SAMPLE Menus (NO on-site food preparation and no refrigeration)

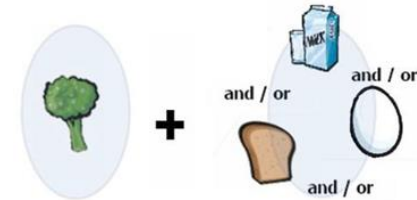
- These sample menus are designed for student nutrition programs with **limited food preparation facilities** and/or **limited volunteers/staff** to prepare foods.
- If items are being served individually wrapped, they can be bought in single serving containers or they can be individually portioned on-site.
- 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 snack includes 2 food groups:

- 1 serving of **Vegetables and Fruit**
- 1 **Milk and Alternatives and/or 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>• Pear</li> <li>• WW melba toast</li> </ul>	<ul style="list-style-type: none"> <li>• Banana</li> <li>• WW crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• WW bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit sauce</li> <li>• WW carrot muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> <li>• Granola bar</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Fruit salad cup</li> <li>• WW pita wedge</li> </ul>	<ul style="list-style-type: none"> <li>• Clementine</li> <li>• WW muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Granola bar</li> </ul>	<ul style="list-style-type: none"> <li>• Apple sauce</li> <li>• WG cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Banana</li> <li>• WW crackers</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Orange</li> <li>• WG bread sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• WG cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Apple sauce</li> <li>• Granola bar</li> </ul>	<ul style="list-style-type: none"> <li>• Pear</li> <li>• WW muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit salad cup</li> <li>• WW pita wedge</li> </ul>

WG- Whole Grain, WW-Whole Wheat

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