

Student Nutrition Program

Snack-SAMPLE Menus (on-site food preparation)

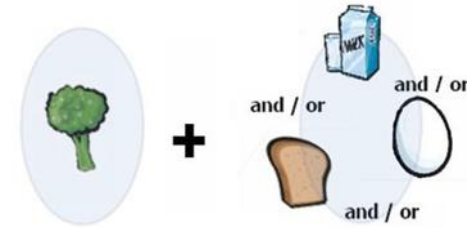
- These sample menus are designed for student nutrition programs with the **required food preparation facilities** and **volunteers/staff** to prepare foods.
- If items are being served individually wrapped, they can be bought in single serving containers or they can be individually portioned on-site.
- 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 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"> • Sliced pears • Cheddar cheese 	<ul style="list-style-type: none"> • Cucumber slices • Hard cooked egg 	<ul style="list-style-type: none"> • Carrot & celery sticks • Hummus 	<ul style="list-style-type: none"> • Fruit sauce • WW carrot muffin 	<ul style="list-style-type: none"> • Apple • Milk
Week 2	<ul style="list-style-type: none"> • Fruit salad • WW pita wedge 	<ul style="list-style-type: none"> • Baby carrots • Cheese stick 	<ul style="list-style-type: none"> • Seasonal fruit • Granola bar 	<ul style="list-style-type: none"> • Apple sauce • Cheese stick 	<ul style="list-style-type: none"> • Banana • WW crackers
Week 3	<ul style="list-style-type: none"> • Orange • Fresh cheese cup 	<ul style="list-style-type: none"> • Apple • Milk 	<ul style="list-style-type: none"> • Green beans • Granola bar 	<ul style="list-style-type: none"> • Carrot & celery sticks • Hummus 	<ul style="list-style-type: none"> • Fruit salad • WW pita wedge

WG- Whole Grain, WW-Whole Wheat

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