

## Sample Menu for SNPs

**Vendors: AGROPUR, GROCERY STORE (Sobeys/Loblaws/Metro) and Sweets from the Earth**

### Elementary SNPs

Sample Menu - some preparation required:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Produce</b>	Apples, Gala	Banana	Clementines	Peach/Nectarine	Pear
<b>Dairy</b>	Cheese String	Milk, Choco 3L or White 2% 4L	Mozz Cheese Wedges (Iogo Nano)	Yogurt Cups	2% Milk 4L
<b>Grain</b>	WW Sliced Bread	WW Goldfish Snack Crackers	Rice Cake	WW Pita	WW bagel

### Secondary SNPs

Sample Menu - GRAB & GO / Individually Packaged

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Produce</b>	Apples, Gala	Peach/Nectarine	Clementines	Peach/Nectarine	Banana
<b>Dairy</b>	Cheese String	Yogurt Tubes	237ml 2% Milk (Agropur)	Yogurt Cups	Cheese Portion (IOGO)
<b>Grains (Sweets from the Earth)</b>	Trail Mix	Superfood bar	Muffin	Oatmeal Biscuit	Granola