

Student Nutrition Program

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

- Designed for student nutrition programs with **limited food preparation facilities** and/or **limited volunteers/staff** to prepare foods.
- To portion these items when facilities are limited you can pour from a larger container into a single use serving utensil e.g. cup, bowl or plate. Multi-use serving utensils (for e.g. reusable serving spoon) cannot be used when facilities are limited.
- If items are 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.

Please refer to the Student Nutrition Program Nutrition Guidelines or email snp@toronto.ca for help with menu planning and to ensure food products meet the criteria.

For help with food safety and level of food preparation that can be done at your site, email dinesafe@toronto.ca.

A healthy Student Nutrition Program meal includes at least:

- One **vegetable or fruit**, plus
- One **protein** food, plus
- One **whole grain** food

WG- Whole Grain, WW-Whole Wheat

Always have tap water available.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<ul style="list-style-type: none"> • Banana • Yogurt cup • WG granola bar 	<ul style="list-style-type: none"> • Applesauce cup • Milk carton • WW melba toast 	<ul style="list-style-type: none"> • Apple • Cheese string • WG crackers 	<ul style="list-style-type: none"> • Clementine • Fresh cheese cup • WW muffin 	<ul style="list-style-type: none"> • Fruit cup • Milk carton • WW naan & hummus
Week 2	<ul style="list-style-type: none"> • Apple • Milk carton • WG granola bar 	<ul style="list-style-type: none"> • Baby carrots • Cheese string • WG pitas 	<ul style="list-style-type: none"> • Banana • Yogurt tube • WG muffin 	<ul style="list-style-type: none"> • Applesauce cup • Cheese string • Roti 	<ul style="list-style-type: none"> • Orange • Milk carton • WW crackers
Week 3	<ul style="list-style-type: none"> • Mini cucumber • Cheese string • WW bun 	<ul style="list-style-type: none"> • Snap peas • Milk carton • WG granola bar 	<ul style="list-style-type: none"> • Green beans • Fresh cheese cup • WG crackers 	<ul style="list-style-type: none"> • Fruit cup • Milk carton • WG breadsticks 	<ul style="list-style-type: none"> • Baby carrots • WG crackers • Hummus

References:

Adapted with permission from Ministry of Children, Community and Social Services. (2020). Student Nutrition Program Nutrition Guidelines, 2020. Queens Printer for Ontario.