

Student Nutrition Program

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

- Designed for student nutrition programs with the **required food preparation facilities** and **volunteers/staff** to prepare foods.
- 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"> • Parfait (mixed berries, WG granola, yogurt) | <ul style="list-style-type: none"> • Grapes • WG cereal • Milk | <ul style="list-style-type: none"> • Veggie sticks • Hummus • WG crackers | <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 (celery, WW flat bread, cheese, scrambled egg) | <ul style="list-style-type: none"> • Baby carrots • Cheese string • WW pita | <ul style="list-style-type: none"> • Seasonal fruit • WW French toast • Milk | <ul style="list-style-type: none"> • Guacamole • Cheese cubes • WG pita wedges | <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 • WG crackers | <ul style="list-style-type: none"> • Veggie wrap (chopped vegetables, cheese, hummus, WW tortilla) | <ul style="list-style-type: none"> • Banana • Yogurt • WW pancakes |

References:

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