

Student Nutrition Program

Snack-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 snack includes at least:

- One **vegetable or fruit**, plus
- One **protein** food or 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"> • Sliced pears • Cottage 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"> • Spinach salad with grated carrot • Canned light tuna 	<ul style="list-style-type: none"> • Banana • Milk
Week 2	<ul style="list-style-type: none"> • Fruit salad • WW pita wedge 	<ul style="list-style-type: none"> • Broccoli florets • Cheese cubes 	<ul style="list-style-type: none"> • Seasonal fruit • WG granola bar 	<ul style="list-style-type: none"> • Honeydew melon wedges • WW carrot muffin 	<ul style="list-style-type: none"> • Apple • WG crackers
Week 3	<ul style="list-style-type: none"> • Cantaloupe wedges • Yogurt 	<ul style="list-style-type: none"> • Apple • Milk 	<ul style="list-style-type: none"> • Green beans • WG pitas 	<ul style="list-style-type: none"> • Carrot & celery sticks • Bean dip 	<ul style="list-style-type: none"> • Bell pepper strips • WG bagel

References:

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