

Section 1. Nutrition

Contact Person for Menu: _____ Name of School/Site: _____

- Complete a separate 1-week menu **for each** nutrition program that you are applying for.
- Additional templates, the Nutrition Guideline, and sample menus are available on the Toronto Public Health website (www.toronto.ca/health/nutrition). Program menus should comply with the Nutrition Guideline.

Program type (Select one): Breakfast Morning Meal Snack AM Lunch Snack PM Dinner

Meal Breakfast, Morning Meal ("3-food group snack"), Lunch/Dinner

At least 3 full servings:

- 1 serving from **Vegetables & Fruit** group
- 1 serving from **Milk & Alternatives** group
- 1 serving from **Grain Products** and/or **Meat & Alternatives** group

Snack (morning or afternoon Snack)

At least 2 full servings:

- 1 serving from **Vegetables and Fruit** group
- 1 serving from **Milk & Alternatives** and/or **Grain Products** and/or **Meat & Alternatives**

'Food Safety and Nutrition workshop for SNP Coordinators and Volunteers': Do you have at least 1 person on site who has attended this free workshop in the last 2 years?
 Yes No

Program menu:

Monday		Tuesday		Wednesday		Thursday		Friday	
Food	Serving size	Food	Serving size	Food	Serving size	Food	Serving size	Food	Serving size