

Section 4. Nutrition

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

- Complete a separate 1-week menu **for each** student nutrition program that you are applying for.
- Additional templates and the Student Nutrition Program Nutrition Guideline are available on the Toronto Public Health website (www.toronto.ca/health/nutrition). Program menus should comply with the Student Nutrition Program 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 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 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 volunteer SNP coordinators and other volunteers: Do you have at least 1 person on site when the program is running 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