

# Student Nutrition Program

## Snack-SAMPLE Menus (NO on-site food preparation and no refrigeration)

- 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](mailto: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](mailto: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"> <li>• Pear</li> <li>• WW melba toast</li> </ul>	<ul style="list-style-type: none"> <li>• Banana</li> <li>• WG crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Clementine</li> <li>• WW bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Apple sauce</li> <li>• WW carrot muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> <li>• WG granola bar</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Fruit salad cup</li> <li>• WW pita wedge</li> </ul>	<ul style="list-style-type: none"> <li>• Clementine</li> <li>• WW muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• WG granola bar</li> </ul>	<ul style="list-style-type: none"> <li>• Apple sauce</li> <li>• WG cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Banana</li> <li>• WW crackers</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Orange</li> <li>• WG bread sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• WG cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit sauce</li> <li>• WG granola bar</li> </ul>	<ul style="list-style-type: none"> <li>• Pear</li> <li>• WW muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> <li>• Brown rice cakes</li> </ul>

### References:

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