

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.

Please refer to the [Student Nutrition Program Nutrition Guideline](#) or email snp@toronto.ca for help with menu planning and to ensure food products meet the criteria.

For help with [food safety](#) or 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

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"> • Baby carrots • 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

WG- Whole Grain, WW-Whole Wheat

References:

Adapted with permission from Ministry of Children, Community and Social Services. (2020). Student Nutrition Program Nutrition Guidelines, 2020. Queens Printer for Ontario. Rev. March 2024