

Student Nutrition Program

Morning Meal-SAMPLE Menus (NO on-site food preparation)

Designed for student nutrition programs with **limited food preparation facilities** and/or **limited 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](#) and level of food preparation that can be done at your site, email dinesafe@toronto.ca.

A healthy Student Nutrition Program meal includes at least:

One **vegetable or fruit**, plus

One **protein** food, plus

One **whole grain** food.

Always have tap water available.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<ul style="list-style-type: none"> Banana Yogurt cup WG granola bar 	<ul style="list-style-type: none"> Applesauce cup Milk carton WW melba toast 	<ul style="list-style-type: none"> Raisins Cheese string WG Cracker 	<ul style="list-style-type: none"> Clementine Fresh cheese cup WW muffin 	<ul style="list-style-type: none"> Fruit cup Milk carton WW naan & hummus
Week 2	<ul style="list-style-type: none"> Apple Milk carton WG granola Bar 	<ul style="list-style-type: none"> Baby Carrots Cheese string WG pitas 	<ul style="list-style-type: none"> Banana Yogurt tube WG muffin 	<ul style="list-style-type: none"> Applesauce cup Cheese string Roti 	<ul style="list-style-type: none"> Orange Milk WW crackers
Week 3	<ul style="list-style-type: none"> Mini cucumber Cheese string WW bun 	<ul style="list-style-type: none"> Snap peas Milk carton WG granola bar 	<ul style="list-style-type: none"> Green beans Fresh cheese cup WW crackers 	<ul style="list-style-type: none"> Fruit cup Milk carton WG breadsticks 	<ul style="list-style-type: none"> Baby carrots WG crackers Hummus

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