

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.
- Foods can be portioned by pouring them directly from a larger container into a single use serving container e.g. cup, bowl or plate.
- For store-bought hazardous food items (milk, yogurt, cheese, hummus, etc.) that are pre-packaged and individually portioned, programs are required to have at least one person who has completed the free, online [Basic Safe Food Handling for Student Nutrition Programs](#) training offered by Toronto Public Health, on site when the program is running. They do not require food handler certification of volunteer coordinators.
- For more information on how to determine the required level of training, refer to the [Toronto Public Health website](#).

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. 05/23