

Student Nutrition Program

Morning Meal-SAMPLE Menus (On-site food preparation)

- Designed for student nutrition programs with the **required food preparation facilities** and **volunteers/staff** to prepare foods.
- In order to serve items in individual portions, they can be bought in single serving containers or they can be individually portioned on-site.
- For individually portioned hazardous food items (e.g. milk, yogurt, cheese, hummus, etc.):
 - **If it's store bought pre-packaged:** There must be 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.
 - **If it's portioned/handled on site:** at least one person who has Food Handler Certification must be on site when the program is running.
- 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"> • Parfait (mixed berries, WG granola, yogurt) 	<ul style="list-style-type: none"> • Grapes • WG cereal • Milk 	<ul style="list-style-type: none"> • Veggie sticks • Hummus • WG crackers 	<ul style="list-style-type: none"> • Fruit sauce • WW carrot muffin • Fresh cheese cup 	<ul style="list-style-type: none"> • Apple • Grilled cheese sandwich (WG bread, cheddar cheese)
Week 2	<ul style="list-style-type: none"> • Egg wrap (celery, WW flat bread, cheese, scrambled egg) 	<ul style="list-style-type: none"> • Baby carrots • Cheese string • WW pita 	<ul style="list-style-type: none"> • Seasonal fruit • WW French toast • Milk 	<ul style="list-style-type: none"> • Guacamole • Cheese cubes • WG pita wedges 	<ul style="list-style-type: none"> • Quesadilla (tomato & green pepper, WW tortilla, cheddar cheese, black beans)
Week 3	<ul style="list-style-type: none"> • Orange • WG bagel • Fresh cheese cup 	<ul style="list-style-type: none"> • Pizza (tomato sauce, WW English muffin, mozzarella cheese, mushrooms & peppers) 	<ul style="list-style-type: none"> • Green beans • Fresh cheese cup • WG crackers 	<ul style="list-style-type: none"> • Veggie wrap (chopped vegetables, cheese, hummus, WW tortilla) 	<ul style="list-style-type: none"> • Banana • Yogurt • WW pancakes

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