

# 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.

Please refer to the [Student Nutrition Program Nutrition Guideline](#) 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 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
<b>Week 1</b>	<ul style="list-style-type: none"> <li>Parfait (mixed berries, WG granola, yogurt)</li> </ul>	<ul style="list-style-type: none"> <li>Grapes</li> <li>WG cereal</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Veggie sticks</li> <li>Hummus</li> <li>WG crackers</li> </ul>	<ul style="list-style-type: none"> <li>Fruit sauce</li> <li>WW carrot muffin</li> <li>Fresh cheese cup</li> </ul>	<ul style="list-style-type: none"> <li>Apple</li> <li>Grilled cheese sandwich (WG bread, cheddar cheese)</li> </ul>
<b>Week 2</b>	<ul style="list-style-type: none"> <li>Egg wrap (celery, WW flat bread, cheese, scrambled egg)</li> </ul>	<ul style="list-style-type: none"> <li>Baby carrots</li> <li>Cheese string</li> <li>WW pita</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal fruit</li> <li>WW French toast</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Guacamole</li> <li>Cheese cubes</li> <li>WG pita wedges</li> </ul>	<ul style="list-style-type: none"> <li>Quesadilla (tomato &amp; green pepper, WW tortilla, cheddar cheese, black beans)</li> </ul>
<b>Week 3</b>	<ul style="list-style-type: none"> <li>Orange</li> <li>WG bagel</li> <li>Fresh cheese cup</li> </ul>	<ul style="list-style-type: none"> <li>Pizza (tomato sauce, WW English muffin, mozzarella cheese, mushrooms &amp; peppers)</li> </ul>	<ul style="list-style-type: none"> <li>Green beans</li> <li>Fresh cheese cup</li> <li>WG crackers</li> </ul>	<ul style="list-style-type: none"> <li>Veggie wrap (chopped vegetables, cheese, hummus, WW tortilla)</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>Yogurt</li> <li>WW pancakes</li> </ul>

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