

# Student Nutrition Program

## Snack-SAMPLE Menus (NO on-site food preparation and no refrigeration)

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](mailto:snp@toronto.ca) for help with menu planning and to ensure food products meet the criteria.

For help with food safety, level of food preparation that can be done at your site email [dinesafe@toronto.ca](mailto: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"> <li>• Pear</li> <li>• WW melba toast</li> </ul>	<ul style="list-style-type: none"> <li>• Banana</li> <li>• WG crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Clementine</li> <li>• WW bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Apple sauce</li> <li>• WW carrot muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> <li>• WG granola bar</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Fruit salad cup</li> <li>• WW pita wedge</li> </ul>	<ul style="list-style-type: none"> <li>• Clementine</li> <li>• WW muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• WG granola bar</li> </ul>	<ul style="list-style-type: none"> <li>• Apple sauce</li> <li>• WG cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Banana</li> <li>• WW crackers</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Orange</li> <li>• WG bread sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• WG cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit sauce</li> <li>• WG granola bar</li> </ul>	<ul style="list-style-type: none"> <li>• Pear</li> <li>• WW muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> <li>• Brown rice cakes</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