

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

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.

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