Student Nutrition Program
Lunch-SAMPLE Menus (On-site food preparation)

Designed for student nutrition programs with the **required food preparation facilities** and **volunteers/staff** to prepare food safely.

Refer to the Student Nutrition Program Nutrition Guideline or email snp@toronto.ca for help with menu planning and to ensure food products meet program guidelines. For help with food safety and level of food preparation permitted on site, email dinesafe@toronto.ca.

A healthy Student Nutrition Program meal includes at least: One **vegetable or fruit**, plus One **whole grain** food, plus One **protein** food.

Always have tap water available.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	• Grilled cheese sandwich (WW* bread, cheddar cheese) • Fruit salad/Tomato soup	• Pizza (Mushrooms, peppers, tomatoes, pizza sauce, WW pizza dough/ naan/pita, mozzarella cheese, roasted chicken)	• Pasta (Pasta sauce, WW pasta, ground beef) • Garden salad with dressing	• Chicken/Chickpea Curry (Potatoes, carrots, sweet potatoes, onions, chicken/chickpeas) • Brown rice/Quinoa	• Burger (Lettuce, tomato, onions, WW bun, chicken/beef patty or black bean patty) • Caesar salad with dressing
Week 2	• Mixed vegetable soup (Mixed vegetables**, potatoes, canned tomatoes, WW pasta, black beans/ chickpeas) • WW garlic bread	• Tacos/Quesadillas (Lettuce, tomatoes, onions, avocado, WW soft tortilla, grated cheese, ground turkey/ roasted chicken/black beans) with salsa/sour cream • Garden salad	• Falafel wrap (Lettuce, tomatoes, onions, WW pita, falafel balls, tahini/hummus) • Carrot & cucumber sticks	• Mac & cheese (WW macaroni, grated cheddar cheese, cottage cheese, milk) • Roasted broccoli/ cauliflower/carrots	• Chicken/Tofu souvlaki (Roasted chicken/cubed tofu) • Roasted potatoes or Greek salad (Lettuce, tomatoes, onion, cucumbers, peppers, olives, feta cheese, Greek salad dressing) • WW pita/brown rice
Week 3	• Chicken teriyaki (Cabbage, onion, peppers, chicken/tofu) • Brown rice	• Chili (Canned tomatoes, chopped spinach, kidney beans/ ground meat/tofu) with grated cheese • WW bun/bread	• Sheppard's pie (Mixed vegetables, mashed potatoes, ground meat/planted-based meat) • WG dinner roll	• Jerk chicken (Roasted chicken/tofu) • Roasted sweet potatoes/Coleslaw • Rice and peas (Brown rice, black eyed peas)	• Fried rice (Mixed vegetables, brown rice, chicken/tofu/egg) • Stir-fried bok choy

***WW-Whole Wheat/Whole Grain **Mixed vegetables can be fresh/frozen/canned**

References: Adapted with permission from Ministry of Children, Community and Social Services. (2020). Student Nutrition Program Nutrition Guidelines, 2020. Queens Printer for Ontario. Rev. Sept 2026