Student Nutrition Program
Lunch-SAMPLE Menus (No cooking required)

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 onsite, 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	• Cheese/Hummus & cracker lunch box (WG* crackers, cheddar cheese/hummus) • Cucumber slices, baby carrots, grape tomatoes	• Meat/Bean wrap (Lettuce, tomato, cucumber, onions, WW** tortilla, roasted turkey***, chickpea/black bean mix) • Apple/orange	• Tuna/Egg salad sandwich (WW bread, canned light tuna/ hardboiled eggs, chopped pickle, mustard, mayo) • Apple/clementine	• Hearty salad (Romaine lettuce, tomatoes, onions, cucumbers, cheese/hardboiled egg/black beans/bean mix, olive oil & red wine vinegar dressing) • WW pita	• No-bake pizza (Assorted vegetables, pizza sauce, WW pita/English muffin, grated cheese, roasted chicken) • Mixed fruit cup

***WG- Whole Grain, **WW-Whole Wheat, ***All proteins purchased as pre-cooked**

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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