

# SAMPLE MENUS FOR STUDENT NUTRITION PROGRAMS WITH ON-SITE FOOD PREPARATION FACILITIES

These sample menus are designed for Student Nutrition Programs (SNPs) with approved food preparation facilities and volunteers to help prepare foods. At least one program volunteer must be certified in safe food handling and present when food is prepared and served. For information on safe food handling practices and food safety training requirements, please visit [york.ca/foodsafety](http://york.ca/foodsafety).

## Sample Snack Menu:

- A snack is made up of at least one vegetable or fruit **PLUS** one protein food **OR** one whole grain food.
- Refer to the [Student Nutrition Program Nutrition Guidelines](#) to ensure all foods and beverages offered meet the 'Serve' criteria.
- Tap water should be available with all snacks.

DAY	WEEK ONE	WEEK TWO	WEEK THREE
1	Apple Whole wheat banana muffins	Sliced pear Cheese cubes	Sliced banana and berries Yogurt
2	Orange slices Roasted chickpeas	Fruit salad (melon, grapes, berries) Whole grain bagel	Cantaloupe cubes Whole grain cereal
3	Strawberries Whole grain crackers	Sliced peppers and zucchini sticks Black bean dip	Blueberries Whole wheat pumpkin apple muffins
4	Broccoli florets and carrot sticks Hummus	Mixed berries Yogurt	Sliced peppers and celery sticks Cheese cubes
5	Guacamole Whole wheat mini pitas	Banana Milk or unsweetened/unflavoured fortified soy beverage	Sliced cucumber and carrot sticks Boiled egg

## PUBLIC HEALTH, SCHOOL SERVICES

1-877-464-9675

TTY 1-866-512-6228

[york.ca/HealthySchools](http://york.ca/HealthySchools)

## Sample Breakfast or Morning Meal Menu:

- A meal is made up of at least one vegetable or fruit **PLUS** one protein food **PLUS** one whole grain food.
- Refer to the [Student Nutrition Program Nutrition Guidelines](#) to ensure all foods and beverages offered meet the 'Serve' criteria.
- Tap water should be available with all meals.

DAY	WEEK ONE	WEEK TWO	WEEK THREE
1	Apple Cheese cubes Whole wheat banana muffins	Sliced pear Yogurt Whole wheat carrot muffins	Sliced berries Oatmeal Mixed seeds (sunflower, pumpkin, and flax)*
2	Sliced banana Milk or unsweetened/unflavoured fortified soy beverage Whole grain cereal	Cantaloupe cubes Breakfast Burrito (whole wheat tortilla with scrambled egg, black beans, cheese, peppers, and onions)	Fruit salad (melon, grapes, berries) Milk or unsweetened/unflavoured fortified soy beverage Whole grain cereal
3	Strawberries Mixed seeds (sunflower, pumpkin, and flax)* Whole wheat blueberry pancakes	Sliced peppers and zucchini sticks Black bean dip Whole wheat mini pitas	Blueberries Yogurt Whole wheat pumpkin apple muffins
4	Veggie wrap (whole wheat tortilla, chopped vegetables, grated cheese, hummus)	Mixed berries Yogurt Whole grain granola	English muffin pizza (whole wheat English muffin with tomato sauce, cheese, peppers, and mushrooms)
5	Sliced avocado Boiled egg Whole wheat English muffin	Orange slices Cheese cubes Whole grain bagel	Sliced cucumber and carrot sticks Boiled egg Whole grain toast

\*Always follow your school's allergy and anaphylaxis policy.

To request support with choosing nutritious foods and menu planning in your program, please contact [HealthySchools@york.ca](mailto:HealthySchools@york.ca) or call 1-877-464-9675 ext. 74407. For information about food safety and Food Handler Certification programs, visit [york.ca/foodsafety](http://york.ca/foodsafety).