

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

These sample menus are designed for Student Nutrition Programs (SNPs) with limited food preparation facilities and/or volunteers to help prepare foods. For information on safe food handling practices and food safety training requirements, please visit 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 Cheese string	Clementine Yogurt cup	Unsweetened applesauce cup Whole grain melba toast
2	Mini cucumber Whole grain crackers	Fruit cup Whole grain breadsticks	Mixed berries Yogurt cup
3	Peach Whole grain-based bar	Pear Cheese string	Snap peas Roasted chickpeas
4	Banana Mini whole grain bagel	Baby carrots Whole grain crackers	Grapes Whole wheat muffin
5	Mini peppers Hummus	Cherry tomatoes Boiled egg	Orange Whole grain crackers

PUBLIC HEALTH, SCHOOL SERVICES

1-877-464-9675

TTY 1-866-512-6228

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	Cherry tomatoes Cheese string Whole wheat mini pitas	Clementine Yogurt cup Brown rice cake	Unsweetened applesauce cup Milk or unsweetened/unflavoured fortified soy beverage carton Whole grain-based bar
2	Mini peppers Hummus Whole wheat naan	Fruit cup Roasted chickpeas Whole grain breadsticks	Snap peas Cheese string Whole grain melba toast
3	Peach Milk or unsweetened/unflavoured fortified soy beverage carton Whole grain-based bar	Pear Cheese string Whole grain bagel	Banana Nut-free butter (e.g., soy or sunflower seed butter)* Whole wheat bun
4	Mixed berries Yogurt cup Whole grain bagel	Baby carrots Hummus Whole grain crackers	Grapes Milk carton Whole grain cereal
5	Apple Mixed seeds (pumpkin and sunflower) Whole grain cereal	Mini cucumber Boiled egg Whole wheat pita	Orange Yogurt cup Whole wheat muffin

*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 or call 1-877-464-9675 ext. 74407. For information about food safety and Food Handler Certification programs, visit york.ca/foodsafety.