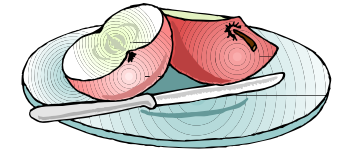


# Sample Menus for Student Nutrition Programs



## SNACK

Snacks with servings from \*2 food groups from Canada's Food Guide to Healthy Eating

	Day 1	Day 2	Day 3	Day 4	Day 5
WEEK 1	½ whole-wheat bagel ½ cup fruit salad	½ whole-wheat pita 4 baby carrots ½ medium celery stalk 1Tbsp low-fat salad dressing	4 Melba toasts (60% whole wheat variety) ½ cup apple sauce	1 medium blueberry muffin ½ green pepper (wedges)	6 whole-wheat soda crackers 1 medium orange
WEEK 2	1 whole wheat dinner roll ½ cup cantaloupe cubes	½ whole-wheat bagel cucumber slices 1Tbsp light cream cheese ½ cup orange juice	8 baby carrots ¼ cup hummus	½ whole-wheat pita (wedges) ½ cup salsa	2 oatmeal cookies 1 medium apple

Snacks with servings from 3 food groups from Canada's Food Guide to Healthy Eating (if budget permits)

	Day 1	Day 2	Day 3	Day 4	Day 5
WEEK 1	6 whole-wheat soda crackers 50g cheese (cubes) 1 medium apple	8 baby carrots ½ cup roasted chick peas ¾ cup (175g) yogurt	1 plain grain based bar 1 cup milk ½ green pepper (wedges)	1 cantaloupe wedge (2 inch wide) Cheese melt: ½ whole-wheat English muffin 50g shredded cheese tomato and green pepper chunks	½ whole-wheat pita 4 baby carrots ½ medium celery stalk 1 Tbsp low-fat salad dressing 1 cup chocolate milk
WEEK 2	1 whole wheat dinner roll ¾ cup (175g) yogurt ½ cup cantaloupe cubes	½ whole-wheat bagel ¾ cup (175g) yogurt 1 small banana	½ whole-wheat English muffin 1 egg 1 nectarine	½ whole-wheat pita (wedges) ½ cup salsa 50g shredded cheese	2 oatmeal cookies 1 cup milk 1 medium apple

\* Minimum requirement for snacks based on Ministry of Children and Youth Services Nutrition Guidelines for Student Nutrition Programs 2005. Adapted from Toronto Public Health.





# Sample Menus for Student Nutrition Programs



## BREAKFAST

Breakfasts with servings from \*3 food groups from Canada's Food Guide to Healthy Eating

	Day 1	Day 2	Day 3	Day 4	Day 5
WEEK 1	1 cup wheat cereal 1 small banana 1 cup milk	Quesadilla: ½ small whole-wheat tortilla 50g shredded cheese tomato chunks ½ cup orange juice	1 cup multigrain cereal 1 medium orange 1 cup milk	½ whole-wheat English muffin 1 Tbsp jam ¾ cup yogurt ½ cup apple chunks	½ whole-wheat bagel 1 Tbsp light cream cheese ½ cup orange juice 1 cup milk
WEEK 2	1 slice whole-wheat bread 1 Tbsp jam ½ cup fruit salad 1 cup chocolate milk	1 cup wheat cereal 1 nectarine 1 cup milk	1 low-fat banana loaf slice ¾ cup yogurt ½ cup cantaloupe cubes	1 cup multigrain cereal 1 cup milk ½ cup raisins	½ cup orange juice Cheese Melt: ½ whole-wheat English muffin 50g shredded cheese chopped green pepper and tomato

Breakfasts with servings from 4 food groups from Canada's Food Guide to Healthy Eating (if budget permits)

	Day 1	Day 2	Day 3	Day 4	Day 5
WEEK 1	4 Melba toasts ¾ cup bean soup ¾ cup yogurt 1 medium orange	½ small whole-wheat tortilla 1 scrambled egg 50g shredded cheese tomato slices ½ cup orange juice	1 medium banana muffin ½ cup baked beans 1 honeydew wedge (2 inches wide) 1 cup milk	1 slice Rye bread 1 scrambled egg ¾ cup yogurt 1 medium banana	1 medium cold pizza slice (ham and veggies) 1 cup milk 1 apple
WEEK 2	½ cup orange juice 1 slice whole-wheat toast Omelet: 1 egg green pepper chunks 50g shredded cheese	1 slice whole-wheat bread 2 slices chicken breast spinach, tomato slices ½ cup fruit salad 1 cup milk	1 scrambled egg with peas ½ whole-wheat tortilla 1 cup chocolate milk 1 nectarine	1 slice Rye bread 2 slices mozzarella tomato slices 1 hardboiled egg 1 small banana	½ cup baked beans 1 whole wheat dinner roll 1 cup milk 1 cantaloupe wedge (2 inches wide)

\* Minimum requirement for snacks based on Ministry of Children and Youth Services Nutrition Guidelines for Student Nutrition Programs 2005. Adapted from Toronto Public Health.





# Sample Menus for Student Nutrition Programs



## LUNCH

Lunch with servings from \*3 food groups from Canada's Food Guide to Healthy Eating

	Day 1	Day 2	Day 3	Day 4	Day 5
WEEK 1	½ whole-wheat pita shredded lettuce ½ green pepper (sliced) 50g shredded cheese 1 Tbsp low-fat salad dressing	½ cup orange juice Pasta salad: ½ cup whole-wheat pasta green pepper chunks 50g cheese (cubed) 1 Tbsp low-fat salad dressing	1 cup milk Couscous dish: ½ cup couscous ½ cup: chopped green pepper, tomato and raisins 1Tbsp low-fat salad dressing	4 pierogi (cheese and potato) ¾ cup yogurt 1 cup green salad 1 Tbsp low-fat salad dressing	1 cup whole-wheat pasta ½ cup tomato sauce 50g shredded cheese
WEEK 2	1 cup brown rice ½ cup stir fried vegetables (broccoli, green peppers, carrots) 1 cup chocolate milk	½ whole-wheat 6 inch sub ½ cup: sliced tomato, cucumber, green pepper and lettuce 2 cheese slices (50g)	1 medium pizza slice with vegetables honeydew wedge (2 inch wide)	1 cup tomato soup 1 small multigrain roll ¾ cup yogurt	Quesadilla: 1 whole-wheat tortilla (small) 50g shredded cheese ½ cup: chopped green pepper and tomato

Lunch with servings from 4 food groups from Canada's Food Guide to Healthy Eating (if budget permits)

	Day 1	Day 2	Day 3	Day 4	Day 5
WEEK 1	1 cup lentil soup ¾ cup yogurt 1 whole wheat dinner roll 1 kiwi	1 cup soup (chicken noodle and veggies) ½ whole-wheat bagel 1 medium orange 1 cup milk	½ cup orange juice Pasta salad: ½ cup whole-wheat pasta ½ cup black beans green pepper chunks 50g cheese (cubes) 1 Tbsp salad dressing	1 cup milk ½ whole-wheat pita Bean Salad: ½ cup chick peas ½ cup chopped: tomato, green pepper, celery 1 Tbsp low-fat salad dressing	1 cup whole-wheat pasta ½ cup meat sauce ¾ cup yogurt ½ cup grapes
WEEK 2	2 slices whole-wheat bread ½ cup egg salad 4 baby carrots ½ celery stalk 1 cup chocolate milk	1 cup bean chili ½ cup brown rice ¾ cup yogurt 1 medium apple	1 medium slice pizza (grilled chicken and veggie) 1 honeydew wedge (2 inches wide) 1 cup milk	½ cup tomato soup 1 small multigrain roll 1 hardboiled egg ¾ cup yogurt	2 slices Rye bread ½ cup tuna salad shredded lettuce tomato slices 1 cup milk 2 plums

\* Minimum requirement for snacks based on Ministry of Children and Youth Services Nutrition Guidelines for Student Nutrition Programs 2005. Adapted from Toronto Public Health.

