Blank Menu Template for student nutrition programs

**Student Nutrition Program (SNP) menus should meet all of the following requirements:**

* Breakfasts and morning meals are made up of at least one vegetable or fruit **PLUS** one protein food **PLUS** one whole grain food
* Snacks are made up of at least one vegetable or fruit **PLUS** one protein food **OR** one whole grain food
* All foods and beverages are found in the ‘Serve’ category in the [Student Nutrition Program Nutrition Guidelines](https://files.ontario.ca/mccss-2020-student-nutrition-program-guidelines-en-2021-11-29.pdf)
* Foods and beverages categorized as ‘Do Not Serve’ in the SNP Nutrition Guidelines are not served in program meals or snacks
* Items listed as minor ingredients in the SNP Nutrition Guidelines are used in small amounts
* Tap water is available with all meals and snacks

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| --- | --- | --- | --- | --- |
| Day | Week One | Week Two | Week Three | week 4 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |