

## Snack bin menu ideas

|                              | 1 <sup>st</sup> week |   | 2 <sup>nd</sup> week   |                        | 3 <sup>rd</sup> week  |                                  | 4 <sup>th</sup> week           |                           |
|------------------------------|----------------------|---|--|------------------------|---|----------------------------------|--------------------------------|---------------------------|
|                              | 1 <sup>st</sup> day  | 2 <sup>nd</sup> day   | 1 <sup>st</sup> day  | 2 <sup>nd</sup> day    | 1 <sup>st</sup> day   | 2 <sup>nd</sup> day              | 1 <sup>st</sup> day            | 2 <sup>nd</sup> day       |
| <b>Vegetables and Fruit</b>  | 1 Apple              | 1 Clementine orange   | 3 cherry tomatoes and 2-3 cucumber slices                                | 1 medium banana        | 4 -5 baby carrots   | 1 stalk celery cut into 4 pieces | 6-10 grapes                    | 2-3 mini cucumbers        |
| Packaging                    |                      |   | Sandwich bag   |                        | Sandwich bag  | Sandwich bag                     | Paper cup                      | Sandwich bag              |
| <b>Grains</b>                |                      | <a href="#">3/4 cups dry whole grain cereal trail mix</a> * | 1 grain based bar which meet <a href="#">MCYS Nutrition Guidelines</a> * |                        | 4 whole wheat crackers meet <a href="#">MCYS Nutrition Guidelines</a> * | 3 whole wheat mini pita          |                                | 2 whole wheat Melba toast |
| Packaging                    |                      | Sandwich bag  |  |                        | Sandwich bag  | Sandwich bag                     |                                | Sandwich bag              |
| <b>Milk and Alternatives</b> | 1 Stringable cheese  |   |  | 3/4 cup, 175 mL yogurt |   |                                  | 50 g, 1 1/2 oz. cheese, slices |                           |
| Packaging                    |                      |   |  | Plastic spoon          |   |                                  | Sandwich bag                   |                           |

\*Click to see recipe or nutrition guidelines.



### Tips for preparing a menu for a snack program

1. Snack menus should include 2 food groups from *Eating Well with Canada's Food Guide*.
2. Always offer one food item from the Vegetable and Fruit food group. For example:
  - a. Vegetables and Fruit food group (e.g. 1 apple)
  - b. Milk and Alternatives food group (e.g. 1 stringable cheese)OR
  - a. Vegetables and Fruit food group (e.g. 1 Clementine orange)
  - b. Milk and Alternatives food group (e.g.  $\frac{3}{4}$  cups dry whole grain cereal trail mix)

**Note: The menus and recipes displayed are examples and do not have to be prepared in snack bin programs.**