

NEW Program Menu Template 2021-22

Guiding Principles for Student Nutrition Programs (SNP):

- Minimum of 1 serving vegetables and/or fruit, plus 1 serving of protein food, plus 1 serving of whole grain food at every meal.
- Minimum of 1 serving vegetables and/or fruit, plus 1 serving of protein food, OR 1 serving of whole grain food for every snack.
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

To ensure nutritious food is provided, please complete the following menu template. Remember that:

- Vegetables and fruits are required for ALL nutrition programs for every day of operation
- Snack programs must also include a whole grain product(s) OR a protein food(s) on any given day
- Meal programs must also include a whole grain product(s) AND a protein food(s) on any given day

Program Type:					
Food Category	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables / Fruit					
Whole Grain Product					
Protein Food					



supporting children, families, communities

The Student Nutrition Program is a provincial initiative partially funded by the Ontario Ministry of Children, Community and Social Services (MCCSS) and administered regionally by Haldimand-Norfolk R.E.A.C.H