

# Section 9: Sample Menus

## Menu planning checklist

SNP menus should meet the following requirements:

	Menu requirements	Yes
<b>1</b>	All meals are made up of at least: <ul style="list-style-type: none"><li>• 1 vegetable or fruit, <b>plus</b></li><li>• 1 protein food, <b>plus</b></li><li>• 1 whole grain food</li></ul>	
<b>2</b>	All snacks are made up of at least: <ul style="list-style-type: none"><li>• 1 vegetable or fruit, <b>plus</b></li><li>• 1 protein food <b>or</b></li><li>• 1 whole grain food</li></ul>	
<b>3</b>	All foods and beverages are found in the 'serve' category of the food and beverage choice tables	
<b>4</b>	Foods and beverages found in the 'do not serve' category of the food and beverage choice tables items identified are not included	
<b>5</b>	Items listed as minor ingredients in the food and beverage choice tables are used in small amounts	
<b>6</b>	Drinking water is always available	

## Grab and go ideas

Vegetables & fruits	Protein foods*	Whole grain foods*
<ul style="list-style-type: none"> <li>• Cucumber slices</li> <li>• Baby carrots</li> <li>• Cherry tomatoes</li> <li>• Snap peas</li> <li>• Apple</li> <li>• Berries</li> <li>• Celery</li> <li>• Broccoli florets</li> <li>• Bell Peppers</li> <li>• Grapes</li> <li>• Pears</li> <li>• Peaches</li> <li>• Melon</li> <li>• Bananas</li> <li>• Oranges</li> <li>• Oranges, clementines</li> </ul>	<ul style="list-style-type: none"> <li>• Boiled eggs</li> <li>• Bean dips (e.g. <b>hummus</b>, <b>black bean</b>, lentil)</li> <li>• Mixed seeds (e.g. sunflower seeds, pumpkin seeds, and flax seeds)</li> <li>• Milk</li> <li>• Fortified soy beverage</li> <li>• Yogurt</li> <li>• Cheese strings, cubed hard cheese</li> <li>• Canned fish, canned chicken (low sodium)</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain or whole wheat bread, buns, bagels, rolls, English muffins, pitas, tortillas, bannock, naan, roti, chapatti, lavash, cereal</li> <li>• Whole grain crackers, breadsticks</li> <li>• Plain popcorn</li> <li>• Brown rice cakes</li> <li>• Whole grain muffins, <b>scones</b></li> <li>• Grain-based bars</li> </ul>

\*Follow the school's anaphylaxis policy. Check food labels of these foods to make sure they fit in the 'serve' category of the food and beverage choice tables.

## Grab and go meal menu

Day	Week 1
1	Apple Cheese string Grain-based bar
2	Baby carrots and mini cucumber <b>Hummus</b> Whole grain crackers
3	Peach Milk Cold cereal
4	Banana Yogurt Whole wheat bagel
5	Cherry tomatoes and celery sticks Boiled egg Brown rice cake

## Grab and go snack menu

Day	Week 1
1	Snap peas, cucumber and bell pepper strips <b>Black bean dip</b>
2	Baby carrots and celery sticks Canned light tuna Whole grain crackers
3	Banana Yogurt
4	Orange Grain-based bar
5	Cherry tomatoes and celery sticks Boiled egg Brown rice cake

## **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.

<b>Day</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
<b>1</b>	Apple slices Cheese cubes Banana muffin	Pear Yogurt <b><u>Apple cinnamon muffin</u></b>	Cantaloupe Cottage cheese Whole wheat pita
<b>2</b>	Orange wedges Milk or fortified soy beverage Whole grain cereal	Broccoli Egg muffin (Eggs, low-fat milk, spinach, onion, red bell pepper, salt and pepper) Whole grain crackers	Celery sticks Quesadilla (diced green peppers, onions, cheese, salsa, black beans) Milk
<b>3</b>	Strawberries Mixed seeds (sunflower seeds, pumpkin seeds, flax seeds) <b><u>Strawberry pancakes</u></b>	Cherry tomatoes and baby carrots <b><u>Red lentil dhal</u></b> Whole wheat naan bread	Fruit salad (grapes, honeydew melon, berries) Milk <b><u>Oatmeal bannock</u></b>
<b>4</b>	Veggie sticks (broccoli, carrots, celery) <b><u>Hummus</u></b> Whole grain crackers	<b><u>Raspberry-spinach twist smoothie</u></b> Whole grain toast	<b><u>Egg and veggie scramble</u></b> Whole wheat tortilla
<b>5</b>	Sliced avocado Boiled egg Whole wheat English muffin	Sliced cucumbers Swiss cheese slice Whole grain bagel	Apple slices Yogurt Grain-based bar

## Snack menu

A snack is made up of at least one vegetable or fruit PLUS either one whole grain OR protein food.

Day	Week 1	Week 2
1	Sliced pears Marble cheese cubes	Carrots and celery sticks <b>Bean dip</b>
2	Guacamole Whole wheat pita wedges	Orange wedges Popcorn
3	Red bell pepper and cucumber slices Boiled egg	Berries Yogurt
4	Grapes Grain-based bar	Spinach salad with grated carrot Canned light tuna Whole wheat crackers
5	Apple <b>Roasted chickpeas</b>	Banana Cottage cheese Whole grain bagel

## Lunch menu

A meal is made up of at least one vegetable or fruit PLUS one protein food PLUS one whole grain food.

Day	Week 1	Week 2
1	<p><b><u>Coleslaw</u></b> Mini pizza (whole wheat English muffin, tomato sauce, mozzarella cheese)</p>	<p><b><u>Turkey chili</u></b> Whole wheat chapatti</p>
2	<p><b><u>Vegetable curry</u></b> Milk Brown rice</p>	<p>Salad (baby spinach leaves, strawberries, red onion, balsamic vinaigrette, extra virgin olive oil, salt and pepper) <b><u>Tuna salad wrap</u></b></p>
3	<p>Broccoli and cauliflower trees <b><u>Mac n' cheese with a veggie twist</u></b></p>	<p>Couscous with vegetables and chickpeas</p>
4	<p><b><u>Three sisters' soup</u></b> Whole wheat bannock</p>	<p><b><u>Fruit salad</u></b> Egg muffin (eggs, low-fat milk, spinach, onion, red bell pepper, salt and pepper) Whole grain bread</p>
5	<p>Carrot and celery sticks <b><u>Egg salad sandwiches</u></b></p>	<p><b><u>Tomato lentil stew</u></b> Whole wheat pita</p>