

3 WEEK SNACK MENU

Sample ideas for snack programs from snack programs.

When planning snacks, aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food or one protein food.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	sliced apple and hard cheese	coleslaw cup and whole grain toast	trail mix with dried fruit (raisins, coconut) popcorn and whole grain cereal (puffed wheat, shredded squares)	yellow, green and red pepper slices, greek yogurt dip and whole grain crackers	melon (cantaloupe, watermelon or honeydew) and mini oatmeal muffins
WEEK 2	cucumber, lettuce and hummus wrap	fruit salad and milk	vegetable soup and whole wheat soda crackers	grapes and boiled egg	celery sticks and hard cheese
WEEK 3	banana wrap with wow butter and whole grain tortilla	snap peas and roasted chickpeas or pumpkin seeds	yogurt parfait with frozen berries	carrots and toasted whole grain bagel	berry banana smoothie

For more information about foods for students check [Moving Forward with Manitoba School Nutrition Guidelines](#). The Guidelines have checklists to help you organize and make effective decisions when choosing foods. Pages 7-9, and 27-32 are written specifically for breakfast, snack and lunch programs.