

Student Nutrition Program Food Options

The Student Nutrition Programs Nutrition Guidelines are still applicable at this time. Programs are expected to serve 3 food groups for Meal programs and 2 food groups for Snack programs.

Depending on what your school is willing and able to provide, there are a variety of options. You may want to start simple with pre-packaged food and then move towards more prepared foods. Take a look at the chart below for some *simple* options. This is NOT a complete list of foods that can be served in Student Nutrition Programs. More detailed information can be found in the Student Nutrition Program Nutrition Guidelines which you can find [here](#).

Vegetables and Fruits	Dairy	Protein and Whole Grains
<i>Less Preparation Required</i>		
Whole fruits and vegetables like apples, oranges, bananas, plums, pears, and baby cucumbers. As always, vegetables and fruits should be washed under running water	Cheese strings	Granola Bars
Individual applesauce cups	Yogurt cups	Biscuits (ex. <i>Sweets From The Earth, Made Good, Praeventia</i>)
Individual fruit cups	Yogurt tubes	Individual hummus dip
Individual fruit pouches	Milk (individual containers)	
Dried fruit (raisin boxes)		
<i>More Preparation Required</i>		
Fresh fruit and vegetables (all kinds), washed under running water, chopped (if applicable), and wrapped individually (ex. food-grade paper, plastic baggies) Examples include cherry tomatoes, baby carrots, snap peas, berries, etc.	Cut cheese (individually wrapped)	Whole Grain Bagels (individually wrapped)
Soups and stews	Cheese curds (individually packaged)	Whole Grain Muffins (individually wrapped)
	Yogurt	Whole Grain Crackers (individually packaged)
	milk or soy beverage for cereal	Whole Grain Cereal (individually packaged)
		Eggs