

# What Can I Serve?

Menu options  
for your kitchen or classroom  
based on available facilities.



**KFL&A**  
Public Health

# Notice to operators of before and after school programs, schools councils, and school administrators.

The type of food services that can be provided for a before and after school program is dependent on the kitchen facilities available. To help you to determine the type of food service you can offer for your program, KFL&A Public Health has created this resource to guide your choice. Included are food safety guidelines for both food preparation and dishwashing.

To assist you in choosing nutritious foods, registered dietitians at KFL&A Public Health have created a list of menu options that can be offered according to the kitchen facilities available.

For more information, refer to the Ontario Ministry of Children and Youth Services Student Nutrition Program Guidelines (2016).

If you have any questions regarding food service regulatory requirements, please contact KFL&A Public Health to speak with your area public health inspector (ext., 1441), or contact your public health nurse (ext., 1102), if you have nutrition related questions.

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# Food safety guidelines for before and after school, breakfast, lunch, snack programs, and school council events

The types of foods that can be served at school will depend on the facilities that are available. Refer to the “What Can I Serve? Menu options for your kitchen or classroom based on available facilities,” to determine what you can serve.

**To ensure the safety of foods offered to students, follow these requirements:**



## Food Supply

- All foods served must come from an approved source.
- Foods prepared at home cannot be served.



## Food Storage

- All foods must be stored at least 15 cm (6 inches) off the floor.
- Foods must be wrapped or kept in covered containers.
- Refrigerators are required for storing high-risk foods such as meat, eggs, and dairy products.
- An accurate thermometer must be provided in each refrigerator.
- Check temperature regularly to ensure that foods are kept at 4°C (40°F) or colder.



## Hand Washing

- A separate hand washing sink must be provided if there is any type of food preparation. The hand sink must be conveniently located within the food preparation area.
- The hand washing sink must have:
  - hot and cold running water
  - soap in a dispenser, and
  - paper towels in a dispenser.
- Hands must be washed before preparing food, after sneezing or coughing, and after using the washroom.
- Always encourage children to wash their hands before eating.

## Dishwashing



### Options:

#### 1. Two compartment sink:

- If using single service disposable dishes and utensils for eating.

#### 2. Three compartment sink:

- If using reusable dishes and utensils.

#### 3. A dishwasher:

- If meeting the requirements of Ontario Regulation 562, section 77.



### Methods:

#### 1. Two compartment sink:

- Wash with detergent and hot water.
- Rinse under running water.
- Sanitize in the second sink.
- Air dry on a drain or drying rack.

#### 2. Three compartment sink:

- Wash with detergent and hot water.
- Rinse in the second sink in clean, warm water i.e., (no lower than 43°C (109°F)).
- Sanitize in the third sink.
- Air dry on a drain or drying rack.

## Sanitizer



**Chlorine solution:** 100 ppm concentration for a 45 second contact time.

**Quaternary Ammonium:** 200 ppm concentration for a 45 second contact time.

**Iodine:** 25 ppm concentration for a 45 second contact time.

Test kits must be provided to verify the sanitizer concentration.

Ensure all chemicals are stored away from food and out of reach of children.

## Cooking, Cooling, and Reheating



- Prepare foods as close to serving time as possible.
- Cook high risk foods to the correct temperature. Use a thermometer to check:
  - Food mixtures, poultry products, ground poultry: 74°C (165°F).
  - Whole poultry: 82°C (180°F).
  - Pork, ground beef: 71°C (160°F).
- Keep cold foods cold at 4°C (40°F) or colder.
- Reheat foods quickly to original cooked temperature.
- Keep hot foods hot at 60°C (140°F) or hotter.
- Cool foods quickly.

# Scenario 1

My kitchen or classroom has:



A three compartment sink for dish washing, or a commercial dishwasher.



A separate hand washing sink, with liquid soap and paper towels.



Refrigeration, cooking, and reheating equipment.



A food grade, smooth, non absorbent food preparation surface.



An appropriate, labeled sanitizer with test strips.

## I can:

- serve food **prepared** in my kitchen, as well as food prepared in other commercial premises,
- serve prepackaged food, and
- use **reusable** and disposable plates, cups, and utensils.

## Menu options:

### Veggies, fruit, and juice:

- Whole fruits **can be** peeled and sliced:
  - Bananas
  - Apples
  - Oranges
- Canned pineapple
- Baby carrots (divide portions into plastic sandwich bags ahead of time)
- Raisins (divide portions into plastic sandwich bags ahead of time)
- Cucumbers
- Celery
- Broccoli
- Lettuce

- Tomatoes
- Peppers
- Unsweetened applesauce cups
- 100% Fruit juice
  - Apple
  - Orange (frozen)
  - Assorted juice boxes

### Milk products:

- Individual milk cartons
- 2% milk (4 litres)
- Yogurt cups
- Cheese slices
- Cheddar cheese

### Grain products:

- Whole wheat cereal (divide portions into plastic sandwich bags ahead of time)
- Instant oatmeal
- Soft cereal bars
- The following items can be eaten toasted or untoasted:
  - Whole wheat
    - Bread
    - Bagels
    - Pitas
    - English muffins
    - Tortillas
- Baked whole wheat crackers (divide portions into plastic sandwich bags ahead of time)
- Pasta

### Meat and Alternatives:

- Tuna
- Salmon
- Eggs
- Tofu

### Condiments:

- Jam
- Peanut butter
- Cream cheese
- Margarine
- Ranch dressing
- Ketchup
- Mustard
- Mayonnaise
- Pasta sauces

## Breakfast and lunch ideas:

- Grilled cheese sandwich, cucumber slices, and milk.
- Egg salad sandwich, lettuce, pepper sticks, and milk.
- Baby carrots, English muffin 'pizzas' (e.g., shredded cheese, pasta sauce, pineapple, and peppers), and milk.
- Pepper sticks, tuna salad wrap, lettuce, and milk.
- Pasta, pasta sauce, tofu, broccoli, and milk.
- Apple, cheese cubes, and pita.
- Dry cereal with raisins, milk, and fruit (e.g., orange, apple, or banana).
- Tortilla, peanut butter, banana slices, and milk.
- English muffin, cheese slices, and an apple.
- Cereal, milk, and fruit.
- Yogurt cup, fruit, and cereal.
- Applesauce, cheese slices, cereal, and milk.
- Baby carrots, ranch dressing, milk, and a soft cereal bar.

## Snack ideas:

- Crackers and fruit (e.g., banana, orange, or apple).
- An apple and cheese cubes, with or without crackers.
- Baby carrots, ranch dressing, and crackers.
- Applesauce cup and cheese cubes.
- Yogurt cup and fruit.
- Cereal, milk, and fruit.
- Toast, peanut butter, and an apple.
- Toasted bagel or English muffin, cheese slices, and fruit.
- Baby carrots, ranch dressing, and milk.
- Celery sticks, apple, and cheese.
- Baby carrots, crackers, and milk.

## Scenario 2

My kitchen or classroom has:



A two compartment sink for dish washing (i.e., not a commercial dishwasher).



A separate hand washing sink, with liquid soap and paper towels.



Refrigeration, cooking, and reheating equipment.



A food grade, smooth, non absorbent food preparation surface.



An appropriate, labeled sanitizer with test strips.

### I can:

- serve food **prepared** in my kitchen, as well as food prepared in other commercial premises,
- serve prepackaged food, and
- use **only** disposable plates, cups, and utensils.

### Menu Options:

#### Veggies, fruit, and juice:

- Whole fruits **can be** peeled and sliced:
  - Bananas
  - Apples
  - Oranges
- Canned pineapple
- Baby carrots (divide portions into plastic sandwich bags ahead of time)
- Raisins (divide portions into plastic sandwich bags ahead of time)
- Cucumbers
- Celery
- Broccoli
- Lettuce
- Tomatoes

- Peppers
- Unsweetened applesauce cups
- 100% Fruit juice
  - Apple
  - Orange
  - Assorted juice boxes

#### Milk products:

- Individual milk cartons
- 2% milk (4 litres)
- Yogurt cups
- Cheese slices
- Cheddar cheese

#### Grain products:

- Whole wheat cereal (divide portions into plastic sandwich bags ahead of time)
- Instant oatmeal
- Soft cereal bars
- The following items can be eaten toasted or untoasted:
  - Whole wheat
    - Bread
    - Bagels
    - Pitas
    - English muffins
    - Tortillas
- Baked whole wheat crackers (divide portions into plastic sandwich bags ahead of time)
- Pasta

#### Meat and Alternatives:

- Tuna
- Salmon
- Eggs
- Tofu

#### Condiments

- Jam
- Peanut butter
- Cream cheese
- Margarine
- Ranch dressing
- Ketchup
- Mustard
- Mayonnaise
- Pasta sauces

### Breakfast and lunch ideas:

- Applesauce cup, cheese cubes, and pita.
- Dry cereal with raisins, milk, and fruit (e.g., orange, apple, or banana).
- Instant oatmeal, milk, raisins, and fruit.
- Tortilla, peanut butter, banana slices, and milk.
- English muffin, cheese slices, and an apple.
- Cereal, milk, and fruit.
- Cereal, yogurt cup, and fruit.
- Apple or applesauce cup, cheese slices, cereal, and milk.
- Baby carrots, ranch dressing, milk, and a soft cereal bar.
- Grilled cheese sandwich, cucumber or apple slices, and milk.
- Egg salad sandwich, lettuce, celery sticks, and milk.
- Baby carrots, English muffin pizzas (e.g., shredded cheese, pasta sauce, pineapple, and peppers), and milk.
- Pepper sticks, tuna salad wrap, lettuce, and milk.
- Pasta, pasta sauce, tofu, broccoli, and milk.

### Snack ideas:

- Crackers and fruit (e.g., banana, orange, or apple).
- An apple or applesauce cup, and cheese cubes.
- Applesauce cup and crackers.
- Baby carrots, ranch dressing, and crackers.
- Yogurt cup and fruit.
- Cereal, milk, and fruit.
- Tortilla, peanut butter, and an apple.
- Toasted bagel or English muffin, cheese slices, and fruit.
- Baby carrots, ranch dressing, and milk.
- Celery sticks, applesauce cup, and milk.
- Baby carrots, crackers, and cheese.

## Scenario 3

My kitchen or classroom has:



A two compartment sink.



Liquid soap and paper towels.



Refrigerator.



A food grade, smooth, non absorbent food preparation surface.



An appropriate, labeled sanitizer, with test strips.

### I must:

- clean and sanitize the sinks prior to use.
- use **one side of sink as a hand washing sink**, and **one side for washing vegetables and fruit**.

### I can:

- serve food **that has been** prepared in other commercial premises,
- **wash** and serve whole vegetables and fruit,
- serve prepackaged food, and
- use **only** disposable plates, cups, and utensils.

## Menu Options:

### Veggies, fruit, and juice:

- Whole fruits that are **unpeeled and not pre-sliced**:
  - Bananas
  - Apples (pre-washed)
  - Oranges
- Baby carrots (divide portions into plastic sandwich bags ahead of time)
- Raisins (divide portions into plastic sandwich bags ahead of time)
- Unsweetened applesauce cups
- 100% Fruit juice
  - Apple
  - Assorted juice boxes

### Milk products:

- Individual milk cartons
- 2% milk (4 litres)
- Yogurt cups
- Cheese slices

### Grain products:

- Whole wheat cereal (divide portions into plastic sandwich bags ahead of time)
- Baked whole wheat crackers (divide portions into plastic sandwich bags ahead of time)
- Instant oatmeal
- Soft cereal bars
- The following items can be eaten toasted or untoasted:
  - Whole wheat
    - Bread
    - Bagels
    - Pitas
    - English muffins
    - Tortillas

### Condiments

- Jam
- Peanut butter
- Cream cheese
- Margarine
- Ranch dressing (can be divided ahead of time into a disposable container)

### Breakfast and lunch ideas:

- Apple, cheese slices, and crackers.
- Dry cereal with raisins, milk, and a whole fruit (e.g., orange, apple, or banana).
- Toast, peanut butter, milk, and a whole fruit.
- Toasted English muffin, cheese slices, and a whole fruit.
- Cereal, and milk, and a whole fruit.
- Yogurt cup, cereal, and a whole fruit.
- Applesauce cup, cheese slices, cereal, and milk.
- Baby carrots, ranch dressing, milk, and a soft cereal bar.

### Snack ideas:

- Crackers, a whole fruit (e.g., orange, apple, or banana), and cheese.
- Applesauce cup, crackers, and milk.
- Applesauce cup and cheese slices.
- Yogurt cup and a whole fruit.
- Dry cereal, milk, and a whole fruit.
- Toast, peanut butter, and a whole fruit.
- Toasted bagel or English muffin, cheese slices, and a whole fruit.
- Baby carrots, ranch dressing, and milk.

## Scenario 4

My kitchen or classroom has:



One sink, equipped with liquid soap, and paper towels for handwashing.



Access to a refrigerator in the school.



A food grade, smooth, non absorbent food preparation surface.



An appropriate, labeled sanitizer with test strips.

### I must:

- clean and sanitize the sink prior to use as a **hand washing sink**.

### I can:

- serve food **that has been** prepared in other commercial premises,
- serve prepackaged food, and
- use **only** disposable plates, cups, and utensils.

## Menu Options:

### Veggies, fruit, and juice:

- Whole fruits that are **unpeeled and not pre-sliced:**
  - Bananas
  - Apples (pre-washed)
  - Oranges
- Baby carrots (divide into plastic sandwich bags ahead of time)
- Raisins (divide into plastic sandwich bags ahead of time)
- Unsweetened applesauce cups
- 100% Fruit juice
  - Apple
  - Assorted juice boxes

### Milk products:

- Individual milk cartons
- 2% milk (4 litres)
- Yogurt cups
- Cheese slices

### Grain products:

- Whole wheat cereal (divide into plastic sandwich bags ahead of time)
- Baked whole wheat crackers (divide into plastic sandwich bags ahead of time)
- Instant oatmeal
- Soft cereal bars
- The following items can be eaten toasted or untoasted:
  - Whole wheat
    - Bread
    - Bagels
    - Pitas
    - English muffins
    - Tortillas

### Condiments

- Jam
- Peanut butter
- Cream cheese
- Margarine
- Ranch dressing (can be divided ahead of time into a disposable container)

### Breakfast and lunch ideas:

- Applesauce cups, cheese slices, and crackers.
- Dry cereal with raisins, milk, and a whole fruit (e.g., apple, orange, or banana).
- Instant oatmeal, milk, raisins, and a whole fruit.
- Cereal, milk, and a whole fruit.
- Yogurt cup, cereal, and a whole fruit.
- Applesauce cup, cheese slices, cereal, and milk.
- Baby carrots, ranch dressing, milk, and a soft cereal bar.

### Snack ideas:

- Crackers, cheese slices, and a whole fruit (e.g., orange, apple, or banana).
- Applesauce cup, crackers, and milk.
- Applesauce cup, and cheese slices.
- Yogurt cup and a whole fruit.
- Cereal, milk, and a whole fruit.
- Tortilla, peanut butter, and an apple.
- Toasted bagel or English muffin, cheese slices, and a whole fruit.
- Baby carrots, ranch dressing, and milk.



## Scenario 5

My kitchen or classroom has:



No sinks.

### I can:

- serve prepackaged, individually wrapped foods, and pre-washed whole fruits and vegetables.

## Menu Options:

### Veggies, fruit, and juice:

- Whole fruits that are **unpeeled and not pre-sliced:**
  - Bananas
  - Apples (pre-washed)
  - Oranges
- Unsweetened applesauce cups
- 100% Fruit juice boxes

### Milk products:

- Individual milk cartons
- Yogurt cups
- Cheese slices (e.g., if students open the individually wrapped slice themselves)

### Grain products:

- Soft cereal bars

### Breakfast and lunch ideas:

- Yogurt cup, a whole fruit (e.g., apple, orange, or banana), and a soft cereal bar.
- Apple, or applesauce cup, cheese slices, and a soft cereal bar.
- Milk, a soft cereal bar, and a whole fruit.

### Snack ideas:

- Milk and a whole fruit (e.g., orange, apple, or banana).
- Applesauce cup and cheese slices.
- Yogurt cup and a whole fruit.

