

KID'S HEALTHY FOOD PROJECT – Summer Menu – July to September 2026

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Peach Scones with Oranges and Bananas	Avocado Broccoli Pasta with Snap Peas and Peppers	Fruit Smoothie Popsicle with Cucumbers and Carrots
Tuesday B	Strawberry Almond Energy Balls with Grapes and Apples	Greek Quinoa Salad with Snap Peas and Carrots	Pita and Hummus with Cucumbers and Peppers
Wednesday C	Green Oat Pancakes with Berry Sauce and Strawberries	Cream Cheese Veggie Sandwiches with Cherry Tomatoes and Peppers	Mountain Cookies with Cucumbers and Carrots
Thursday D	Zucchini Chocolate Chip Muffins with Watermelon & Apples	Chicken Thai Salad with Peanut Sauce, Carrots and Peppers	Hemp Chocolate Energy Bites with Cucumbers and Celery
Friday E	Banana Bread Squares with Cantaloupe and Apples	Pepper Cheese Pizza with Cucumbers and Cherry Tomatoes	Strawberry Oat Bar with Peppers and Carrots
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Crackers, Cheese, and Veggies

Week 2	AM SNACK	LUNCH	PM SNACK
Monday F	Blueberry Oat Muffins with Apples and Oranges	Tofu and Broccoli Spaghetti with Carrots and Cucumbers	Pickles, Cheese and Crackers with Peppers
Tuesday G	Garlic Herb Quiche with Strawberries and Pears	Avocado Toast with Cheese Cubes, Cherry Tomatoes and Peppers	Coconut Chia Pudding with Tropical Sauce and Cucumbers
Wednesday H	Apple Cinnamon Breakfast Cookies with Oranges and Grapes	Healthy Mac and Cheese with Cherry Tomatoes and Cucumbers	Berry Yogurt Bark with Snap Peas and Carrots
Thursday I	Breakfast Cake with Fruit Salad	Tuna Sandwiches with Pickles and Carrots	Bonk Bars with Oranges and Cucumbers
Friday J	Yogurt and Granola with Bananas and Cantaloupe	BBQ Chicken Nuggets with Rice and Cucumber Pickle Salad	Homemade Cinnamon Buns with Raisins and Slivered Almonds
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Crackers, Cheese, and Veggies

SNACK TRAYS: Additionally, morning snack is often served with a selection of fruit. Lunch is often served with a selection of veggies.