

KID'S HEALTHY FOOD PROJECT – SUMMER MENU – JULY TO SEPTEMBER, 2023

	AM SNACK	LUNCH	PM SNACK
Day A Monday	Yogurt and Granola (Apple Sauce for Non-Dairy)	Summer Pasta Salad (deconstructed)	Hemp Chocolate Energy Bites with Apple and Watermelon
Day B Tuesday & Forest Long Day	Spinach and Peppers Egg Bites with Avocado Forest: Carrot Muffins, Apples and Grapes	Cheese Pizza with Carrot and Celery Sticks Forest: Same as above	Black Bean Brownies with Bananas
Day C Wednesday	Coconut Chia Pudding with Fruit Sauce Forest: Yogurt berry muffins with banana	Baked Spaghetti with Sliced Peppers	Cucumber and Avocado Sushi with seasonal berries
Day D Thursday	Morning Endurance Muffins with Oranges and Apples	Chicken Tacos (or Enchiladas) with Mild Salsa Served with Rice and Corn, Peppers and Avocado	Build You Own Thai Salad Bowl with Peanut Sauce
Day E Friday & Forest Long Day	Banana Oat Bars with Pineapple and Apples Forest: Same as above	Smashed Chickpea Salad Sandwiches with Carrots and Cucumbers Forest: Same as above with Popcorn or Seaweed Snacks	Bonk Bars with Green Smoothie Popsicles
Day F Monday	Cinnamon Oatmeal with Apples and Oranges	Healthy Mac and Cheese with Strawberries	Cucumber, Carrots, Crackers and Hummus and Bananas
Day G Tuesday & Forest Long Day	Banana Bliss Muffins with Blueberries and Apples Forest: Same as above	Mediterranean Quinoa Salad with Pita and Tzatziki Forest: Same as above	Pizza Roll Ups
Day H Wednesday	Coconut Flour Pancakes with Berry Sauce	Chicken and Pesto Pasta with Peas	Crackers and Cheese Plate with Green Smoothie Popsicles
Day I Thursday	Scrambled Eggs and Toast with Bananas	Tofu Fried Rice	Chocolate Zucchini Muffins with Cucumber and Carrots
Day J Friday & Forest Long Day	Energy Bites with Cantaloupe and Apples Forest: Same as above	Grilled Cheese with Potato Wedges and Cherry Tomatoes with a Lemon Yogurt Dip Forest: Cucumber and Cream Cheese Sandwiches with Veggie Straws	Mountain Cookies with Grapes and Oranges
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Veggies	Hummus and Veggies

