

KID'S HEALTHY FOOD PROJECT
WINTER MENU APRIL - JUNE 2024

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Bonk Bars with Apples	Mexi Quinoa Casserole with Peppers and Cherry Tomatoes	Banana Bread with Berries or Melon
Tuesday B	Coconut Chia Pudding with Tropical Sauce	Greek Chicken, Roasted Potatoes and Broccoli	Peanut Butter Flax G/F Cookies and Kiwis
Wednesday C	Fruit Smoothie with Chickpea Blondies	Veggie Lasagna with Carrot Sticks and Peppers	Jicama Apple Salad with Baked Cinnamon Tortilla Chips
Thursday D	Very Berry Green Muffins with Bananas	Potato Beet Borscht with Yogurt and Grill Cheese	G/F D/F Chocolate Cake Cookies with Veggie Plate and White Bean Dip
Friday E	Peach Scones with Fruit Salad	Spinach Peppers and Canadian Bacon Pizza Day!	Becky's Mountain Monster Cookies with Fruit and Veg Plate
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Hummus and Veggies

Week 2	AM SNACK	LUNCH	PM SNACK
Monday F	Yogurt and Oat Milk with Homemade Granola and Oranges	Thai Green Curry with Tofu and Sweet Potato and Rice	Rhubarb Berry Crisp
Tuesday G	Carrot Zucchini Muffins with Apples and Grapes	Roasted Red Pepper Pasta with Caesar-ish Salad	Charkiderie Charcuterie – Cheese Crackers Fruit and Veg with Boiled Eggs
Wednesday H	Breakfast Quesadilla with Avocado and Cherry Tomatoes	Pad Thai with Cauliflower Chicken	Aussie Bites with Oranges and Bananas
Thursday I	Carrot Cake French Toast Casserole with Apple Sauce	Asian Tuna Salad over Rice with Snap Pears, Seaweed, and Pickled Cucumber	Date and Citrus Energy Bites with Popcorn -Veggie Sticks (I/T)
Friday J	Overnight Oats – Vanilla Berry Crumble	Healthy Mac and Cheese with Cherry Tomatoes	British Tea Loaf with a Herbal Tea and Apples
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Hummus and Veggies

Please note that Forest Pre-K will be going to the forest in the mornings from 9am-12pm. If the morning snack is liquidy, cumbersome, or messy, they will flip the morning and afternoon snacks.

To ask about anything on the menu, please contact Becky at nutrition@nanaimoinnovation.org