

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

	AM SNACK	LUNCH	PM SNACK
Day A Monday	Yogurt and Granola	Summer Pasta Salad (deconstructed)	Hemp Chocolate Energy Bites with Apple and Watermelon
Day B Tuesday & Forest Long Day	Scrambled Eggs and Toast Forest: Energy Bites, 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 Berry Sauce	Baked Spaghetti with Sliced Peppers	Cucumber and Avocado Sushi with blueberries
Day D Thursday	Morning Endurance Muffins with Oranges and Apples	Chicken Tacos with Salsa	Thai Salad Rolls 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	Bonk Bars with Green Smoothie Popsicles
Day F Monday	Cinnamon Oatmeal and Strawberries	Healthy Mac and Cheese with Apples	Cucumber, Carrots, Crackers and Hummus
Day G Tuesday & Forest Long Day	Banana Bliss Muffins with Blueberries 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 (Jam for Forest)	Chicken and Pesto Pasta	Ants on a Log with Green Smoothie Popsicles
Day I Thursday	Spinach and Cheese Egg Bites 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 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