

KID'S HEALTHY FOOD PROJECT
WINTER MENU JANUARY TO MARCH 2025

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Apple Cinnamon Loaf served with Bananas	Potato Ham Soup served with Biscuits	Granola Bars served with Grapes
Tuesday B	Rhubarb Bake topped with Strawberries	Lasagne served with Cucumber	Chocolate Dipped Bananas served with Oatmeal Cookies
Wednesday C	Cinnamon Raisin Scones topped with Berry Sauce	Quinoa Salad served with Avocado Slices	Vegan Fruit Cobbler
Thursday D	Pancake Casserole topped with Bananas	Yippee Pie Yay (Vegetable Pie)	Black Bean Brownies served with Apple Sauce
Friday E	Apple Pie Quesadilla Served with Grapes	Pizza served with Cucumbers	Cheese and Cracker Plate served with Fruits & Veg
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Hummus and Veggies

Week 2	AM SNACK	LUNCH	PM SNACK
Monday F	Lemon Berry Loaf served with Apple Slices	Turkey Meatballs over Rice	Cold Thai Salad served with Crackers
Tuesday G	Garlic Herb Mini Quiche with Cherry Tomatoes	Sandwich Sticks served with Chicken Rice Soup	Munchie Mix served with Peppers
Wednesday H	French Toast Casserole served with Bananas	BBQ Tofu Burgers served with Sweet Potato Wedges	Cucumber Salad served with Crackers
Thursday I	Healthy Lemon Cookies served with Blueberries	Tomato Soup served with Grilled Cheese	Carrot Cake topped with Kid Friendly Cream Cheese Frosting
Friday J	Tater Tot Casserole served with Dried Mango	Chicken Taco Bowls	Silly Fruit Plate served with Popcorn
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 may flip the morning and afternoon snacks or change it completely.

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