

KID'S HEALTHY FOOD PROJECT – Spring– April to June 2026

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Banana Avocado Muffins with Pears and Oranges	Tofu Fried Rice with Carrots and Cucumbers	Ham, Cheese & Crackers with Celery and Peppers
Tuesday B	Peach Crumb Bars with Bananas and Strawberries	Ham & Cheese Baguette with Cherry Tomatoes and Cucumbers	Keely's Crispy Rice Squares with Carrots and Apples
Wednesday C	Berry Chia Jam with Toast and Cantaloupe	Cream Cheese Cucumber Sandwiches with Pepper and Snap Peas	Hummus & Crackers with Carrots and Cucumbers
Thursday D	Banana Date Energy Cookies with Grapes and Oranges	Deconstructed Turkey Tacos with Cherry Tomatoes and Peppers	Chocolate Granola Brownies with Cucumbers and Snap Peas
Friday E	Breakfast Egg Muffins with Pears and Apples	Lentil Veggie Spaghetti with Peppers and Cucumbers	Avocado and Cucumber Sushi with Oranges 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	Chocolate Almond Energy Bites with Apples and Oranges	Cheesy Broccoli, Cauliflower and Quinoa Casserole with Cucumbers and Carrots	Cream Cheese and Jam Pinwheels with Raisins and Peppers
Tuesday G	Breakfast Quesadilla with Avocado and Cherry Tomatoes	Black Bean & Sweet Potato Burrito Bowl With Peppers and Cucumbers	Blueberry Chia Energy Bites with Craisins & Apples
Wednesday H	Apple Cinnamon French Toast Casserole with Oranges and Grapes	Creamy Veggie Pasta with Cherry Tomatoes and Cucumbers	Rice Pudding with Fruit Salad (Cantaloupe, Apples, Grapes, Pineapple, Pears)
Thursday I	Cranberry Muffins with Bananas and Pears	Baked Lemon Herb Chicken with Rice, Carrots and Peppers	Pita with Tzatziki, Snap Peas and Cucumbers
Friday J	Peanut Butter Banana Roll-ups with Apples and Grapes	Pepper cheese pizza with Cucumbers and Snap Peas	Potato Wedges with Dip, Peppers and Carrots
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Crackers, Cheese, and Veggies