

KID'S HEALTHY FOOD PROJECT

Fall Menu – October to December 2025

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Spinach and Cheese Egg Bites with Oranges and Grapes	Healthy Mac & Cheese with Cherry Tomatoes and Cucumbers	Bonk Bars with Carrot and Celery
Tuesday B	Pumpkin Oat Muffins with Bananas and Pears	Lasagne with Carrots and Peppers	Cheesy Cauliflower Bread-Sticks with Grapes & Oranges
Wednesday C	French Toast Casserole with Bananas and Apples	Roasted Red Pepper and Tomato Soup with Grilled Cheese Sandwiches, Cucumbers and Snap Peas	Maple Cinnamon Raisin Roll Ups with Oranges and Carrots
Thursday D	Banana Oat Bars with Grapes and Apples	Tofu Fried Rice with Carrots and Cucumbers	Avocado Black Bean Brownies with Snap Peas and Peppers
Friday E	Lemon Berry Loaf with Apples and Plums	Chicken Noodle Soup with Peppers and Cucumbers	Aussie Bites with Grapes 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	Strawberry Almond Energy Balls with Grapes and Oranges	Cheesy Broccoli Quinoa Casserole with Cucumbers and Peppers	Carrot Cake with Snap Peas and Bananas
Tuesday G	Green Oat Pancakes with Berry Sauce and Apples	Red Lentil and Sweet Potato Stew & Rice with Peppers and Celery	Chocolate Zucchini Muffins with Cucumbers and Carrots
Wednesday H	Scrambled Egg with Bread Toast, Oranges and Bananas	Ground Turkey and Bean Chilli with Toasted Bread, Carrots and Peppers	Chickpea Blondies with Raisins and Ants on a Log
Thursday I	Cinnamon Raisin Scones with Berry Sauce and Oranges	Baked Spaghetti and Tomato Sauce with Cucumbers and Peppers	Healthy Pumpkin Cookies with Bananas and Apples
Friday J	Morning Glory Muffins with Apples and Grapes	Pepper Cheese Pizza with Cucumbers and Snap Peas	Chocolate Almond Energy Bites with Oranges and Apples
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Crackers, Cheese, and Veggies