

**KID'S HEALTHY FOOD PROJECT**  
**WINTER MENU JANUARY– MARCH 2024**

WEEK 1	AM SNACK	LUNCH	PM SNACK
Monday A	Cinnamon Raisin Oatmeal with Apples	Chicken Chow Mein with Veggies and Seaweed	Citrus Cake with Almond Flour and Fruit
Tuesday B	Scrambled Eggs with Toast and Avocado	Winter Soup with Garlic Bread and Veggie Tray	Morning Glory Muffins and Oranges
Wednesday C	Whole Wheat Waffles with Berry Sauce and Yogurt	Tofu and Chickpea Curry with Buttered Naan and Rice	Tuna Salad and Crackers with Cucumber and Grapes
Thursday D	Bean and Cheese Quesadilla with Veggies and Fruit	Pesto Spinach Pasta with Peas and Feta	Apple Sauce Cookies with Bananas
Friday E	Blueberry Coconut Milk Muffins with Pears	Home-made Pizza Day!	Rice Cakes with Peanut Butter, Apples, Boiled Eggs, and Seaweed
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 Home-made Granola with Raspberries	Spaghetti Bolognese or Lasagna with Veggies	Zucchini Chocolate Muffins with Apples
Tuesday G	Oat Flour Banana Pancakes and Apple Sauce	Chicken Black Bean and Corn Enchiladas with Chipotle Yogurt, Salsa and Tomatoes	Peanut Butter Puffed Quinoa Bars
Wednesday H	Ham and Spinach Eggs Bites	Thai Green Curry with Sweet Potato, Tofu, Rice and Sprouts	Oatmeal Raisin Cookies with Plums
Thursday I	French Toast Casserole with Apple Sauce	Lentil Shephers Pie with Cucumber and Peppers	Grapefruit, Energy Bites, and Bananas
Friday J	Carrot and Apricot Muffins with Seasonal Fruit	Healthy Mac & Cheese with Cherry Tomatoes	Cream Cheese, Sprouts and Cucumber Rollups with Dill Pickles and Apples
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Hummus and Veggies

**To ask about anything on the menu, please contact Becky at [nutrition@nanaimoinnovation.org](mailto:nutrition@nanaimoinnovation.org)**