KID'S HEALTHY FOOD PROJECT
WINTER MENU – OCTOBER TO DECEMBER 2023

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Cinnamon Oatmeal with Apples	Broccoli Quinoa Casserole with Chipotle Yogurt	Boiled Eggs with Crackers, Cucumbers, Peppers, and Cheese
Tuesday B	Spinach and Feta Egg Bites with Smoothie or Oranges and Grapes	Roasted Butternut Squash and Sage Soup with Home-made Biscuits	Peanut Butter Puffed Quinoa Oat bars with Bananas
Wednesday C	Oat Flour, Banana, and Blueberry Pancakes with Berry Sauce	Chicken, Black Bean, and Corn Enchiladas with Avocado	Sweet Potato Brownies with Celery Sticks, Carrot Sticks, and Tzatziki
Thursday D	Breakfast Casserole with Cherry Tomatoes	Cucumber, Pickled Carrot, and Avocado Sushi with Warm Sweet Chili Tofu Bites	Hippie Cookies with a Seasonal Fruit Plate
Friday E	Pumpkin Spice Muffins with Bananas	Pizza Day! Served with Peppers or Chicken Noodle Soup (weather dependant)	Hummus, Crackers, Celery, Cucumber, Carrot, and Radish
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 Bananas	Roasted Red Pepper Soup with Cheese Quesadillas or Grilled Cheese Sandwiches	Aussie Bites with Grapes and Melon
Tuesday G	Chocolate Hemp Energy Bites with Strawberries	Tuna Melts with Pepper Slices and Celery Sticks	Cinnamon Apple Crisp
Wednesday H	Banana Bliss Muffins and Plums	Sweet Potato, Coconut, and Tofu Curry with Mild Curry Sauce served with Rice	Hummus with Veggie Sticks, Veggies, Pickles, and Black Bean Dip
Thursday I	Green Banana Muffins with Grapefruit	3 Bean Chilli with Soy Ground, Cornbread, and Cilantro	Peanut Butter Cookies with Grapes
Friday J	Pepper Spinach Egg Bites with Avocado	Healthy Mac and Cheese with Cherry Tomatoes	Mango, Blueberry, Coconut Muffins and Fruit
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