

KID'S HEALTHY FOOD PROJECT – Fall Menu – October to December 2026

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Coconut Flour Banana Muffins with Oranges and Apples	Pumpkin Pasta with Carrots and Cucumbers	Cheese Quesadilla with Peppers and Avocado Slices
Tuesday B	Spinach and Cheese Egg Bites with Pears and Strawberries	Lasagne with Carrots and Snap Peas	Carrot Cake with Cucumbers and Raisins
Wednesday C	Pumpkin Oat Muffins with Peppers and Snap Peas	Roasted Red Pepper and Tomato Soup with Grilled Cheese Sandwiches, Cucumbers and Carrots	Munchie Mix with Grapes and Apples
Thursday D	Apple Cinnamon Oatmeal with Bananas	Thai Red Curry with Rice, Cucumbers and Carrots	Avocado Black Bean Brownies with Snap Peas and Peppers
Friday E	Lemon Berry Loaf with Apples and Oranges	Butter Chicken with Naan Bread and Cucumber Pickle Salad	Aussie Bites with Plums 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	Blueberry Zucchini Breakfast Cookie with Oranges and Apples	Creamy Pasta Bake with Cucumbers and Peppers	Maple Cinnamon Raisin Roll Ups with Celery and Carrots
Tuesday G	Raisin Bran Muffins with Strawberries and Pears	Chickpea Rice Soup with Carrots and Cherry Tomatoes	Tzatziki and Pita with Peppers and Snap Peas
Wednesday H	Scrambled Egg with Toast, Oranges and Grapes	Butternut Squash Soup with Crackers, Carrots and Snap Peas	Pumpkin Cookies with Apples and Plums
Thursday I	Peanut Butter & Banana Toast with Oranges	Mexican Quinoa Casserole with Cherry Tomatoes and Corn	Chickpea Blondies with Cucumbers and Carrots
Friday J	Morning Glory Muffins with Apple Sauce and Banana	Pizza Roll Ups with Carrots and Pickles	Rosemary Potato Wedges with Peppers and Cucumbers
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Crackers, Cheese, and Veggies