

KID'S HEALTHY FOOD PROJECT – WINTER – JANUARY TO MARCH 2026

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Pancake Casserole with Berry Sauce and Oranges	Golden Tofu Coconut Curry with Naan Bread, Carrots and Cucumbers	Crackers with Cheese, Peppers and Celery
Tuesday B	Quinoa Muffin with Bananas and Strawberries	Black Bean and Potato Quesadillas with Salsa, Peppers and Cherry Tomatoes	Oatmeal Raisin Cookies with Carrots and Apples
Wednesday C	Healthy Lemon Cookies with Oranges and Apples	Veggie Lentil Soup with Grilled Cheese Sandwiches, Cucumbers and Snap Peas	Yam and Chickpea Nuggets with Spinach Yogurt Dip, Peppers and Edamame
Thursday D	Cinnamon Raisin Oatmeal with Pears and Oranges	Chicken Rice Soup with Cherry Tomatoes and Seaweed	Apple Sauce Cookies with Snap Peas and Peppers
Friday E	Very Berry Muffin with Grapes and Apples	Spinach Pesto Pasta with Peppers and Cucumbers	Banana Oat Bars 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	Tarter Tot Casserole with Grapes and Oranges	Broccoli Cheddar Soup with Spelt Biscuit, Cucumbers and Peppers	Snicker-doodles with Raisins and Carrot Sticks
Tuesday G	Yogurt and Granola with Apples and Oranges	BBQ Tofu Burgers with Potato Wedges and Peppers	Apple Cinnamon Loaf with Cucumbers and Grapes
Wednesday H	Banana Oat Pancakes with Berry Sauce and Pears	Homemade Tomato Soup with Grilled Cheese, Peppers and Cucumbers	Cozy Carrot Muffin with Grapes & Oranges
Thursday I	Fudgy Banana Flax Muffins with Banana and Grapes	Turkey Meatball in Tomato Sauce with Rice, Carrots and Peppers	Cauliflower Tots with Peanut Sauce, Snap Peas and Bananas
Friday J	Blueberry Coconut Milk Muffins with Apples and Grapes	Veggie Packed Pizza Rolls with Cucumbers and Snap Peas	Hippie Trail Cookies with Peppers and Carrots
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Crackers, Cheese, and Veggies