

KID'S HEALTHY FOOD PROJECT
SPRING MENU APRIL TO JUNE 2025

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Very Berry Muffins with Banana	Healthy Mac & Cheese with Cherry Tomatoes	Snicker Doodles with Cucumber
Tuesday B	Peach Scones with Fruit Salad	Turkey Meatballs & Tomato Sauce with Spaghetti	Low Sugar Fruit Jello with Homemade Veggie Crackers
Wednesday C	Carrot Cake French Toast with Pineapple	Lasagna Soup with Grilled Cheese	Nachos Salsa with Veggie Side & Sour Cream
Thursday D	Tater Tot Casserole with Oranges	Tofu Fried Rice with Cucumbers	Keely's Rice Crispy Squares with Melon
Friday E	Maple Cinnamon Raisin Roll-Ups with Homemade Apple Sauce	Pesto Chicken Pepper Pizza with Cucumbers	Hummus and Pita with Veggies
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Cheese and Crackers

Week 2	AM SNACK	LUNCH	PM SNACK
Monday F	Lemon Blueberry Loaf with Apples	Mexi Quinoa Bake with Peppers & Tomatoes	Munchie Mix with Bananas
Tuesday G	Banana Cream Pie Overnight Oats with Berry Sauce	Mediterranean Marinated Chicken Salad with Pita & Tzatziki	Homemade Apple Sauce with Crackers
Wednesday H	Cheesy Egg Toasties with Salsa	Thai Red Curry with Tofu Rice with Carrot Sticks	Chocolate Peanut Butter Cookies with Cucumber
Thursday I	Raisin Bran Muffins with Apples	Deconstructed Turkey Tacos with Cucumber Salad	Yogurt & Granola with Berry Sauce
Friday J	PB & J Bars with Peppers	Broccoli Cheddar Soup with Homemade Biscuits	Cheese & Crackers with Fruit & Veggies
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Hummus and Veggies

Please note that Forest Pre-K will be going to the forest in the mornings from 9am-12pm. If the morning snack is liquidy, cumbersome, or messy, they may flip the morning and afternoon snacks or change it completely.

To ask about anything on the menu, please contact nutrition@nanaimoinnovation.org