

**KID'S HEALTHY FOOD PROJECT**  
**FALL MENU OCTOBER – TO DECEMBER 2024**

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Apple Cinnamon Oatmeal	Healthy Mac & Cheese with Cherry Tomatoes	Peanut Butter Cookies with Grapes & Oranges
Tuesday B	Pumpkin Oat Muffins with Bananas	Ground Turkey and Bean Chilli with Cornbread	Bonk Bars with Carrot & Celery
Wednesday C	Eggs & Cheese Breakfast Quesadilla with Salsa & Greek Yogurt	Tuna, Cucumber and Avocado sushi	Popcorn, Kale Chips, and Bananas
Thursday D	Banana Bread with almond butter	Butternut Squash Soup with Grilled Cheese Sandwiches	Homemade Granola Bars served with Blueberries
Friday E	Cheddar and Chive Scones with Butter and Apple Slices	Roasted Veggie Lasagne with Ricotta Cheese	Black Bean Brownies with Apples
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 with Granola & Berries	Pesto Spaghetti with Peas and Feta	Chickpea Blondies with Cucumbers & Peppers
Tuesday G	Morning Glory Muffins with Oranges	Roasted Red Pepper Soup with Stuffing Balls with Cranberry Sauce	Snack Plate with Cheese, Crackers, Hummus, Carrots, and Cucumber
Wednesday H	French Toast Casserole with Fruit	Veggie Stir Fry Noodles	Cinnamon Apple Crumble
Thursday I	Peanut Butter & Banana Toast	Sweet Potato, Coconut, and Tofu Curry served & Rice	Homemade Soft Pretzels with Honey Mustard and Roasted Nuts
Friday J	Coconut Chia Pudding with Berry Sauce	Homemade Pizza	Cucumber and Cream Cheese Roll-ups served with Oranges
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 will flip the morning and afternoon snacks.

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