

KID'S HEALTHY FOOD PROJECT
SUMMER MENU JULY – TO SEPT 2024

Week 1	AM SNACK	LUNCH	PM SNACK
Monday A	Golden Turmeric Granola with Yogurt Apples and Berries	Pesto Pea Pasta with Feta	Banana Chocolate Chip Muffins with Veggies
Tuesday B	Strawberry Flax French Toast	Build your own Bean and Corn Taco Bowl	Watermelon Salad with Lime Mint and Feta
Wednesday C	Berry Smoothie with Aussie Bites	Potato Salad Green Beans and Rosemary Balsamic Chicken	Apples Cheese Crackers with Grapes and Cucumber
Thursday D	Egg and Cheddar Frittata with Seasonal Fruit	Summer Pasta Salad	Hummus Pinwheels with Celery
Friday E	Chunky Monkey Energy Bites	Cream Cheese and Cucumber Sandwiches with Chicken Caesar	Fruit Salad and Popcorn or Veggie Sticks
BACK UP	Cereal with Oat Milk	Peanut Butter Sandwich and Carrot Slices	Hummus and Veggies

Week 2	AM SNACK	LUNCH	PM SNACK
Monday F	Mango Coconut Muffins and Bananas	Spanakopita Pie with Tzatziki	Tuna or Egg Salad Pinwheels
Tuesday G	Chocolate Spinach Muffins with Fruit	Bean and Cheese Quesadillas with Cherry Tomatoes and Avocado	Fruit of the season Tea Loaf with Oranges
Wednesday H	Scrambled Egg and Toast with Strawberries	Zucchini Corn and Potato Fritters with Chipotle Mayo	Popsicles with Veggie Plate and Navy Bean Ranch
Thursday I	G/F Banana Oat Pancakes with Berry Sauce	Tofu Fried Rice	Blackberry Crumble
Friday J	Mango Smoothie and Egg Bites	Pizza Day	Fruit Salad and Popcorn or Veggie Sticks
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