

Exploring Nature: Outdoor Learning Program Sample Weekly Menu for Summer 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Toasted Coconut and Date Power Balls Fresh Fruit	Whole-wheat Soft Apple Breakfast Cookies Fresh Fruit	Savory Whole-wheat Biscuits Fresh Fruit	Whole-wheat Rhubarb Crumble Bars Fresh Fruit	Whole-wheat Bagels <i>with sunflower seed butter and chia jam</i> Fresh Fruit
LUNCH	Rice Jollof <i>with Nigerian-inspired marinated tofu</i> Baked Plantains Shredded Cabbage Salad Fresh Fruit	Southwest Black Bean Wraps <i>with whole-wheat tortilla, shredded carrots, cucumber</i> Vegetable Soup Fresh Fruit	Red Lentil Dal <i>with fire-roasted tomatoes and potatoes</i> Seasonal Vegetables Brown Rice Fresh Fruit	Rainbow Quinoa Bowl <i>with roasted carrots, shredded purple cabbage, turmeric spiced chickpeas, pickled red onions and green dressing</i> Fresh Fruit	Rotini Pasta Bake <i>with whole-wheat rotini, lentils, spinach and roasted vegetable tomato sauce</i> Peas Fresh Fruit
PM SNACK	Whole-wheat Zucchini Bread Fresh Fruit	Fresh Fruit and Cocoa Avocado Dip Whole-wheat Bagel Crisps	Whole-wheat Sweet Potato Muffins Fresh Fruit	Hummus and Raw Vegetable Whole-wheat Pita	Pumpkin Seed Granola Bars Fresh Fruit