



SUPER HEALTHY KIDS MENU SEP 28-OCT 2

|                  | <b>Breakfast</b>                          | <b>Lunch</b>                  | <b>Snack</b>                              | <b>Dinner</b>                              |
|------------------|---|-------------------------------|---|--|
| <b>Monday</b>    | <a href="#">Muffins/</a> and Bananas      | PB & J with apple and carrots | Apples with <a href="#">nut butter</a>    | Sweet and sour chicken                     |
| <b>Tuesday</b>   | <a href="#">Oatmeal with strawberries</a> | Pasta Salad                   | <a href="#">Carrots with Hummus</a>       | Deep Dish Veggie pizza                     |
| <b>Wednesday</b> | Applesauce with toast                     | Mini Bagel Sandwich           | <a href="#">String cheese with Olives</a> | Garden Pasta                               |
| <b>Thursday</b>  | <a href="#">Smoothies</a>                 | Shredded vegetable wrap       | Orange treat                              | Risotta                                    |
| <b>Friday</b>    | Eggs with Toast                           | Veggie Sandwich               | <a href="#">Homemade granola bars</a>     | <a href="#">Chunky chicken potato soup</a> |

SHOPPING LIST

|               |                          |                     |                 |                            |               |
|---------------|--------------------------|---------------------|-----------------|----------------------------|---------------|
| Bananas       | Brown Rice *0.078 per oz | Frozen peas         | Olives          | Ketchup *.018 per oz       | Chicken       |
| Carrots       | Oats *0.024 per oz       | Frozen Strawberries | Can tomatoes    | Soy Sauce                  | Mozzarella    |
| Onion         | Whole Wheat flour        | Frozen Blueberries  | Vegetable broth | Sweet & sour season packet | Romano cheese |
| Green Pepper  | Mini- wheat bagels       |                     | Garbanzo beans  | Corn Starch                | Yellow cheese |
| Broccoli      | Orzo                     |                     |                 | Olive oil                  | Chicken Broth |
| Red Pepper    | Almonds *\$4.49 per lb   |                     |                 | Ranch mix                  | Parmesan      |
| Oregano       | Wheat wraps              |                     |                 | salt                       | Butter        |
| Tomato        | Linguini                 |                     |                 | Honey                      | String cheese |
| Garlic        | Rotini pasta             |                     |                 | Canola Oil *0.038 per oz   | Deli Ham      |
| Yellow squash |                          |                     |                 | Lemon Juice                | Plain yogurt  |
| Apples        |                          |                     |                 | Cinnamon                   | Eggs          |
| Grapes        |                          |                     |                 | Brown sugar                |               |
| Oranges       |                          |                     |                 | Baking powder              |               |
| Lettuce       |                          |                     |                 | Baking soda                |               |
| Cauliflower   |                          |                     |                 | Salt                       |               |
| Lemon         |                          |                     |                 | Vanilla                    |               |
| Parsley       |                          |                     |                 |                            |               |
| Lemon         |                          |                     |                 |                            |               |
| Spinach       |                          |                     |                 |                            |               |
| Potatoes      |                          |                     |                 |                            |               |

\*Items to stock up on!!!