



SUPER HEALTHY KIDS MENU

April 12-16th

	Breakfast	Lunch	Snack	Dinner
Monday	Apricot Almond Coffee Cake	Turkey and avocado sandwich	Apple cinnamon Popcorn	Taco Salad
Tuesday	Blueberries and cream oatmeal	PB&J sandwiches	Deviled Eggs	Asian Beef Noodle salad
Wednesday	Scrambled eggs with whole wheat toast	chicken, corn, and black bean salad	Pita Wedges with hummus	Chicken salad with pecans and cranberries- creamy orange dressing
Thursday	French toast with Strawberries	Cracker sandwiches (like Lunchables but more awesome cause we make them ourselves)	Rice pudding with raisins	3-mushroom soup and Sweet potato crescent rolls (can't stop making these!!)
Friday	Cereal with fruit and yogurt	Leftover mushroom soup.	Graham Crackers dipped in yogurt	Broccoli Quiche