



SUPER HEALTHY KIDS MENU

April 5th-9th

	Breakfast	Lunch	Snack	Dinner
Monday	Pink smoothies!	Spinach, turkey, cream cheese roll ups	Zucchini Bread	Kewl Asian Wraps
Tuesday	Oatmeal cooked with milk and strawberries	Whole wheat tortilla with almond butter and banana	Apple Chips	Baked Ziti with Ground Turkey
Wednesday	Eggs on English muffin with bananas	Flax/ Carrot muffins with dried fruit	Apples with peanut butter/ yogurt dip	Homemade fish sticks Baked sweet potatoes
Thursday	Blueberry yogurt muffins	Hummus and veggie wrap	Cranberry Walnut Bars	Chicken curry, wild rice, broccoli
Friday	Omelets with fruit salad and yogurt	Peanut Butter and strawberry sandwich	String cheese and oranges	Tofu Burritos