



SUPER HEALTHY KIDS MENU

Aug 16-20th

	Breakfast	Lunch	Snack	Dinner
Monday	Cinnamon Fruit Oatmeal	Vegetable wrap, with raw cashews	Frozen bananas with nuts	Tuscan Pasta and Arugula with raw veggies
Tuesday	Whole grain cereal with low fat milk and berries	Hummus on whole grain bread, green salad	Blueberries and strawberries with milk	Steak and roasted vegetable salad
Wednesday	Scrambled eggs with mushrooms	Turkey Sandwich on whole grain bread with mixed veggies	Tropical fruit salad	Black bean soup
Thursday	whole-grain bagel with light cream cheese and berries	Sunshine Slaw and portobello sandwich	Hummus with baby carrots or pita wedges	Dijon chicken, baked potato fries
Friday	Green Smoothie	Gazpacho summer soup	Fruit and berry compote	Turkey spinach burgers