



# SUPER HEALTHY KIDS MENU

Aug 23-27<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Cantaloupe topped with blackberries and pecans	Almond chicken salad in whole wheat pita	Hard boiled egg	Chicken Cacciatore with green salad
<b>Tuesday</b>	Oats with coconut milk and strawberries	Tuna salad on Lettuce bed	Almond butter and apples	Gingery Chicken and Veggies
<b>Wednesday</b>	Orange slices and scrambled eggs	1st day of school for us!!! PB&J with carrots and grapes. 8 oz water bottle	<a href="#">Yumnuts</a>	Chicken vegetable soup
<b>Thursday</b>	Avocado Omelet	Turkey wrap with avocado spread	<a href="#">Poppers</a> (Edamame)	Paleo Zucchini Soup with steamed carrots
<b>Friday</b>	Cream of Rice cereal with blueberries	<a href="#">Rice ball with sliced ham and hard boiled egg</a>	Raw trail mix	Stir Fry Beef with vegetables