



# SUPER HEALTHY KIDS MENU

Aug 9-13<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Pineapple Carrot Muffins</a>	<a href="#">Tuna Sandwiches</a>	<a href="#">Flax Crackers</a> with avocado and tomato	<a href="#">Zucchini Pizza</a>
<b>Tuesday</b>	<a href="#">Green Smoothies</a>	<a href="#">Sweet Apple Bacon Salad</a>	Raw nut and dried apricot mix	<a href="#">Hidden Vegetable Pasta</a>
<b>Wednesday</b>	<a href="#">Orange french Toast</a>	<a href="#">Egg Fried Rice</a>	Kiwi and strawberry slices	Mini Turkey Burgers
<b>Thursday</b>	<a href="#">Granola</a> with yogurt and berries	<a href="#">Tofu, lettuce, cucumber sandwiches</a>	Fruit and vegetable platter	<a href="#">Black bean tostadas</a>
<b>Friday</b>	Scrambled eggs with mushrooms and whole wheat toast	<a href="#">Summer Salad with peach walnut dressing</a>	<a href="#">Roasted Chick peas</a>	<a href="#">Quinoa Burgers</a>