



SUPER HEALTHY KIDS MENU Dec 14<sup>th</sup>-18<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Strawberry Orange smoothie	Alphabet soup with puree'd veggies	Cereal mix and fruit kabobs	Chicken noodle soup
<b>Tuesday</b>	Light cream cheese with strawberries on tortilla	Veggie cheese toast	Nuts and dried fruit	Tortilla soup
<b>Wednesday</b>	Blueberries and cream oatmeal	Cabbage apple raisin slaw	Tortilla crisps with apple fruit salsa	Broccoli/ cauliflower/ peas and noodles (see photo below)
<b>Thursday</b>	Whole Wheat Chex with yogurt and fruit	Red potato salad with pita's	Baked apples with cinnamon	Veggie quesadilla triangles
<b>Friday</b>	Toast with honey and strawberries	Tostadas with pinto beans and lettuce	Rice pudding	Pistachio Pesto