

SUPER HEALTHY KIDS MENU Dec 21-25th

SPICING UP CHRISTMAS WITH CLOVES, CINNAMON, GINGER,
NUTMEG AND ALLSPICE!



	Breakfast	Lunch	Snack	Dinner
Monday	Cinnamon French Toast	They will eat at school. I'll have leftover squash soup.	Wassail and Big pretzel sticks	Black bean burritos with cinnamon!
Tuesday	Pancakes with all the spices and maple syrup	Quesadillas with vegetables (probably on the side if they prefer)	Celery with almond butter and raisins	Chicken teriyaki and vegetables (adding ginger to the teriyaki sauce) with asian slaw (also has ginger)
Wednesday	Banana-nutmeg muffins	Plain noodles with Salad with ginger dressing	Apple slices with cinnamon and peanut butter	Sweet potato shepherds pie (nutmeg)
Thursday	Cinnamon Smoothie	Peanut butter and Jelly... and for me: Salad with Vanilla vinaigrette	String cheese and carrots	Christmas Eve! Turkey, salad, rolls, potatoes. Light gingerbread cookies (with cinnamon, ginger, nutmeg and allspice)
Friday	Christmas Breakfast! Coffee Cake (cinnamon, nutmeg)	Turkey sandwiches on whole wheat rolls	Strawberry spinach, and banana Smoothies!	Turkey Soup with vegetables

For the printable plan, go here: [Menu ideas](#)

For spice recipes, [visit McCormick's website!](#)