



SUPER HEALTHY KIDS MENU DEC 28-Jan 1<sup>st</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Whole wheat toast, cottage cheese, berries	Turkey salad (for me) turkey wraps for the kids	Fruit and yogurt	Chicken and rice with mushrooms, onions, broccoli
<b>Tuesday</b>	Scrambled Eggs with salsa	Whole wheat pasta with chicken and broccoli	Smoothie	Steak/ potatoes/ vegetable stir fry
<b>Wednesday</b>	Oats with peaches	Bagels with cream cheese, avocados, and tomato	Apples and peanut butter	Taco's
<b>Thursday</b>	Pumpkin Pancakes	Tostada with pinto beans (pureed) and lettuce	String cheese and carrots	Spinach Lasagna
<b>Friday</b>	French Toast with berries	Vegetable wrap with cream cheese, sprouts, cabbage, spinach, avocado, tomato, cucumber	Pita bread and hummus	Spinach and ricotta chicken