



## SUPER HEALTHY KIDS MENU Feb 1-5<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Banana – Walnut Waffles (recipe coming soon!)	Homemade “lunch-ables”	Guacamole dip with baked tortillas	Taco Soup
<b>Tuesday</b>	Breakfast burritos with a banana	<a href="#">Granola</a> with yogurt and fruit . (sent to school in disposable yogurt cup)	Fruit and chocolate dip! (recipe to come)	<a href="#">Homemade pizza</a> with <a href="#">salad</a>
<b>Wednesday</b>	Egg sandwich with strawberries	Cold pizza with carrots sticks	<a href="#">Trail Mix with dried fruit</a>	<a href="#">Crock pot multi-bean soup</a> (school night.. need the crockpot)
<b>Thursday</b>	Oats with apples and cinnamon	Peanut butter and jelly sandwich	<a href="#">Homemade granola bars</a> and apples	Chicken and dumplings
<b>Friday</b>	Apple smoothie	<a href="#">Carrot muffins</a> , chopped fruits and veggies	String cheese and carrot strips	Beef stew with vegetables