



## SUPER HEALTHY KIDS MENU

Feb 22-26<sup>th</sup> (Body for Life Week)

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Oat Pancakes with berries	Ranch Chicken Salad	Oranges and cashews	Italian Chicken Wild Rice, broccoli
<b>Tuesday</b>	Omelet's with salsa	Chicken Pita Pizza's	Cottage cheese with berries	Potato Soup (making soup for Blue and Gold banquet)
<b>Wednesday</b>	Egg Sandwich and banana	Sub sandwich with veggies and turkey	Apple and string cheese	Enchilada soup with avocado
<b>Thursday</b>	Oatmeal with apples and cinnamon	Egg Salad Sandwich	Yogurt and strawberries	Taco Soup (making soup for Primary Dinner)
<b>Friday</b>	Sunny Side-up eggs with whole wheat toast	Chicken pita with grapes, tomato, lettuce, almonds	Cinnamon apples with sliced cheese	French Dip sandwiches, salad