



SUPER HEALTHY KIDS MENU Feb 8-12th

	Breakfast	Lunch	Snack	Dinner
Monday	French Toast with Ezekiel bread	Quinoa and Black Beans	POPPERS (these have made a reprise at our house!)	Vegetable LoMein My new “go to” meal!
Tuesday	Smoothie with soy milk and mangoes/peaches	Vegetable Pita sandwiches	Soft Pretzel Bites and carrots (both dippable)	Chicken Empanadas with salsa/ Green salad
Wednesday	Oats with Peaches/ cinnamon and milk	Almond butter and fruit spread on whole wheat	Warm Fresh Applesauce with cinnamon	Mini Broccoli pot pies (in Ramekins)
Thursday	Rice Chex/ Yogurt and berries	English muffin pizza’s	Winter Fruit Compote	White Bean Chili with vegetables
Friday	Banana Bread	Pasta salad with olives/ tomatoes/ cucumbers	Granola Bars and apples	Lemon Chicken/ Tropical Salad