



## SUPER HEALTHY KIDS MENU Jan 11-15<sup>th</sup>

All recipes from the [Meal Makeover Mom's](#)

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">BLT with More</a>	<a href="#">Ham and Cheese wrap</a>	<a href="#">Baked apple with walnut and dried fruit</a>	<a href="#">Chicken Pot Pie Bundles</a>
<b>Tuesday</b>	<a href="#">Raspberry Breakfast cake</a>	<a href="#">Peanut butter swirl sandwich</a>	<a href="#">Goji raspberry frosty</a>	<a href="#">Tuscan Minestrone Soup</a>
<b>Wednesday</b>	<a href="#">Little Monkey Muffins</a>	<a href="#">Crunchy Quinoa with almonds and apricots</a>	<a href="#">Crazy Face Fruit Kabobs</a>	<a href="#">Sausage Mushroom and Cannellini Pesto Pizza</a>
<b>Thursday</b>	<a href="#">Pineapple, applesauce, pumpkin muffins</a>	<a href="#">Turkey and cheese pretzel sticks (to assemble at school)</a>	<a href="#">Krispy PB and chocolate treats</a>	<a href="#">BBQ Pulled Turkey Sandwiches</a>
<b>Friday</b>	<a href="#">Berry Good French Toast</a>	<a href="#">Mac &amp; Cheese and Carrots</a>	<a href="#">Fruit with peanut butter dip</a>	<a href="#">Broccoli bean, and cheddar soup.</a> Whole wheat rolls