



## SUPER HEALTHY KIDS MENU Jan 18-22<sup>th</sup>

Easy meals for BUSY WEEK!!

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Whole wheat cereal with milk and bananas	Turkey sandwich on whole wheat bread. Lettuce and tomatoes	Fruit	Stir fry with chicken and veggies, and brown rice
<b>Tuesday</b>	Oats with berries	PB&J sandwich with cucumbers and carrots	Popcorn	Chili
<b>Wednesday</b>	Scrambled eggs / whole wheat toast / OJ	Peanut butter and honey sandwich with applesauce	Veggie tray	Angel hair, vegetables and chicken
<b>Thursday</b>	Whole wheat cereal with yogurt and berries	Veggie sandwich (cream cheese and shredded veggies)	Graham crackers with peanut butter and bananas	Crock pot soup
<b>Friday</b>	Oats with cinnamon/ vanilla extract and raisins	Turkey sandwich on whole wheat roll	Cottage cheese with yogurt and berries	Beans and rice