



## SUPER HEALTHY KIDS MENU Jan 4-8<sup>th</sup>

Fuhrmans Eat for Health, week 1, phase 1

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Cinnamon Fruit Oatmeal/ OJ	Pita with veggies and Russian fig dressing and strawberries	Poached pears with raspberry sauce or fresh fruit	Green salad, brown rice, sweet potato stew
<b>Tuesday</b>	Fruit and berries with plain or vanilla non-fat yogurt/ pomegranate juice	Turkey sandwich, whole wheat bread, sunflower seeds, grapes or melon	Wild apple crunch or fresh fruit	Pasta with roasted veggies, hummus, raw veggies
<b>Wednesday</b>	Grapefruit Whole grain toast with 100% fruit spread	Orange sesame tossed salad, fast black bean soup kiwi	Very berry ice cream	Turkey spinach burger, sunshine slaw, pita chips
<b>Thursday</b>	Whole grain cereal with milk or yogurt blueberries	Hummus on whole grain bread, salad with balsamic vinaigrette, apple	Mango Riesling compote or fresh fruit	Tomato bean barley soup, romaine, spinach, watercress salad with fruit and nuts
<b>Friday</b>	Blueberry orange smoothie	Raw veggies, dressing, Tomato bean barley soup, pear	Jenna's peach freeze or fresh fruit	Balsamic Mixed greens with chopped apples, Dijon chicken Baked potato fries Creamed kale