



SUPER HEALTHY KIDS MENU

Gluten Free Week July 19-23

	Breakfast	Lunch	Snack	Dinner
Monday	Rice Chex with yogurt and fruit	Hard boiled egg with sliced carrots and broccoli	Trail Mix with nuts and raisins	Chicken, brown rice, and vegetable stir fry
Tuesday	Cream of rice with blueberries and coconut milk	Taco Salad	Apple with almond butter	Fajitas with corn tortillas and vegetables
Wednesday	Banana smoothie and poached egg	Chicken nuggets Dipped in nuts with green salad	Peaches with cottage cheese	Turkey Chili with carrots, onions, peppers
Thursday	Scrambled Eggs with banana and nectarine	Fruit and Rice	Baked Apples with cinnamon	Broccoli and Pine nut soup
Friday	Cream of rice with peaches and milk	Lettuce Wraps	Funky Monkey Snacks (giveaway on Monday)	Citrus Cinnamon Chicken in Slow Cooker with Zucchini