



SUPER HEALTHY KIDS MENU July 26-30<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Carrot – Pineapple – orange smoothie</a>	<b>Taco’s with black beans, lettuce, tomatoes</b>	<b>Chex trail mix (with nuts and raisins)</b>	<b>Sauteed broccoli and carrots with lemon chicken</b>
<b>Tuesday</b>	<b>Yogurt , berries and toast</b>	<a href="#">Turkey Meat loaf muffins</a>	<b>Pita chips and hummus</b>	<a href="#">Tortilla casserole</a>
<b>Wednesday</b>	<b>Omelet with veggies</b>	<a href="#">Ham and Cheese pinwheels</a>	<b>Carrots and broccoli in creamy cilantro dressing to dip</b>	Pasta with Marinara Sauce and <a href="#">spinach salad</a>
<b>Thursday</b>	<b>Rice chex with yogurt and strawberries</b>	<b>Potato Salad and rolls</b>	<b>Skewered fruit</b>	<b>Vegetable lo mein</b>
<b>Friday</b>	<b>Oatmeal with cranberries and vanilla.</b>	<b>Alphabet Soup</b>	<a href="#">Brown Rice pudding</a> (OK technically a dessert, but who’s checking)	<b>Foil dinners (chicken, potatoes and carrots in a fire!) Camping specialty!</b>