



SUPER HEALTHY KIDS MENU

June 14th -18th

	Breakfast	Lunch	Snack	Dinner
Monday	Vanilla-Lime Smoothie	Worm Sandwiches (coming up)	GO-GO SQUEEZE!!	Black bean frittata's
Tuesday	Overnight Oatmeal	Broccoli Salad and whole wheat rolls	Pistachio's and dried apples	Chicken manicotti
Wednesday	Poached Eggs with Sliced apples	Veggie lover's wraps	Cucumbers and ranch	Beef Noodle Bowl
Thursday	Peach and oat waffles	Chicken and vegetable pasta	Blueberry Oat Bread	Almond Chicken
Friday	Bran Muffins and fruit salad	Black eyed peas and sweet potato soup	Blueberries in yogurt	Spiced Apple Squash Soup

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