



SUPER HEALTHY KIDS MENU June 21-25th

	Breakfast	Lunch	Snack	Dinner
Monday	<u>Carrot Ginger Smoothie</u>	Whole wheat grilled cheese	Frozen applesauce	<u>Mexican Pizza</u>
Tuesday	<u>Peanut Butter and Jelly Oatmeal</u>	Zesty Coleslaw with chicken pieces	Sunflower seeds and dried mangoes	<u>Eggplant Parmigiana</u>
Wednesday	Scrambled eggs and fruit	Chicken waldorf wrap	Guacamole with pita crisps	<u>Bok Choy Stir Fry</u>
Thursday	<u>Oatmeal Cookie Pancakes</u>	<u>Parmesan Pasta salad</u>	Popcorn	<u>Five Spice Pork Chops with strawberries</u>
Friday	<u>Oatmeal blueberry Muffins</u>	<u>Borsch</u>	Crudités platter with ranch	<u>Grape and Quinoa Salad</u>