



SUPER HEALTHY KIDS MENU

June 28- July 2nd

	Breakfast	Lunch	Snack	Dinner
Monday	Raspberry – Peach Smoothies	Roasted Veggie sandwiches	Frozen Banana Pops	Tasty Lentil Tacos
Tuesday	Strawberry-Banana Oatmeal	Layered Pea salad	Date Nut Bars	Pasta with Marinara Sauce and green salad
Wednesday	Vegetable Omelets	Taco Avocado wrap	Sugar Snap Peas	Szechuan Chicken Noodle Toss
Thursday	Maple Pancakes	Tomato Pea Couscous	Corn Bread	Shepherds Pie
Friday	Berry Lemon Muffins with fruit salad	Chicken Noodle Soup	Glazed Apple Rings	Black Bean Tortilla casserole

