



## SUPER HEALTHY KIDS MENU June 7-11<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Carrot Smoothies</a>	Peanut Butter and Jelly	Blackberries with greek yogurt	Tortilla Soup
<b>Tuesday</b>	Cranberry, cinnamon oatmeal	Chef's Salad	Cashews and apricots	Pasta with Spring Vegetables
<b>Wednesday</b>	Egg Quiche and a banana	Egg Salad wraps	Green Salsa with baked corn chips	Cold sesame Noodles
<b>Thursday</b>	Blackberry pancakes with blackberry syrup	Angel Hair Pasta with broccoli and tomatoes	Whole wheat bagels and <a href="#">yogurt cheese</a>	BBQ Steaks with Grilled Vegetables
<b>Friday</b>	<a href="#">Pineapple muffins</a>	Chicken noodle soup	Fresh fruit with strawberry glaze	Vegetable Casserole (eggplant, zucchini, tomatoes, peppers)

Dinners this week came from a cookbook I picked up at the library : The International Cookbook for Kids by Matthew Locricchio (email me if you want a recipe)