

SUPER HEALTHY KIDS MENU

March 15-19th



| | Breakfast | Lunch | Snack | Dinner |
|------------------|--------------------------------------|----------------------------------|---|---------------------------------|
| Monday | <u>Flaxy French Toast</u> | <u>Chicken nuggets</u> / carrots | <u>Greek Yogurt</u> and Blackberries | Chicken noodle soup |
| Tuesday | <u>Pumpkin Waffles</u> | Mango chicken salad wrap | <u>Sweet potato fries</u> | Chili with vegetables |
| Wednesday | Black bean and salsa omelets | Leftover Chili | Pumpkin Bread | Veggie Burgers |
| Thursday | Oatmeal with berries and milk | Hummus and veggie wrap | <u>Applesauce spice bars</u> (with <u>healthy substitutions</u>) | Pasta with chicken and broccoli |
| Friday | Cereal with Greek yogurt and bananas | <u>Tomato Soup</u> | Apples and peanut butter | Baked Ziti |