



SUPER HEALTHY KIDS MENU

March 5-9

	Breakfast	Lunch	Snack	Dinner
Monday	Overnight oatmeal with apricots	PB & J on whole wheat with celery sticks	Graham crackers with bananas	Mu-Shu pork roll-ups
Tuesday	Green smoothie with extra green.	Tuna sandwiches with celery and shredded carrots	Applesauce with granola	Chicken Fettuccine with rolls, romaine salad and cantaloupe
Wednesday	Whole Wheat Raspberry waffles	English Muffin Pizzas	Nut butter on celery	Pasta and Portobello mushroom salad with whole wheat rolls and fresh berries
Thursday	Whole wheat bagel, light cream cheese, cinnamon and bananas	Veggie wrap plus and apple and juice.	mandarin oranges with nuts	Chicken and prosciutto sandwiches with fruit salad
Friday	Muesli with dried fruit and nuts	Crostini with hummus, ham and tomatoes plus berry slaw	Coconut peanut butter balls	Pineapple glazed fish with basmati rice and cucumbers

[Super Healthy Kids](#) is a website dedicated to providing you all the tools you need to feed your family **healthier food**, even when you are **in a hurry!**