



SUPER HEALTHY KIDS MENU

March 8-12

	Breakfast	Lunch	Snack	Dinner
Monday	Homemade Freezer waffles with sliced bananas	Chicken salad pockets	Tapioca with fruit	Crockpot: Black bean chicken wraps
Tuesday	Oatmeal with berries	English muffin pizzas	Baked tortilla chips with bean dip	Crockpot: Café Rio sweet pork burritos
Wednesday	Scrambled eggs with whole wheat toast Sliced apples	Tortilla pinwheels with light cream cheese and vegetables	Fruity finger chicken salad	Strawberries and greens salad And crock pot Chicken tenders
Thursday	“Banana splits” (sliced banana, yogurt and granola on top)	Almond butter and Fruit spread on mini whole wheat bagles (PB&J)	Zucchini Bread (So, I need a little baking time, or I’ll go through withdrawal)	Crockpot Minestrone Soup
Friday	One eyed monsters and orange juice	Whole wheat pasta with broccoli and parmesan cheese	Baked pita slices with hummus	Crockpot cranberry chicken with green beans

- Side note: All my children are in school, and I actually send them sandwiches in their lunch every day. These lunches are ideas if you need variety!