



# SUPER HEALTHY KIDS MENU

May 17-21<sup>st</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Scrambled eggs, diced potatoes, watermelon	<a href="#">Triple Berry Wheat salad</a>	Frozen Banana Fluff	Vegetarian Chili with baked corn chips
<b>Tuesday</b>	Oatmeal with raisins and crushed walnuts	Whole wheat pita pockets with hummus spread/ sliced ham and provolone cheese	<a href="#">Black bean dip</a> with baked corn chips	Pea Salad and Chicken breasts (marinated in Italian Dressing)
<b>Wednesday</b>	Banana Berry Shake	Bean and Veggie wrap	<a href="#">Dried pears</a>	<a href="#">Black Bean burgers</a> with homemade fries
<b>Thursday</b>	Watermelon smoothie	Honey ham bagel sandwiches with carrots	<a href="#">Orange treat</a>	<a href="#">Triple Berry Slaw</a> with Grilled chicken breasts
<b>Friday</b>	Hash brown Frittata and bananas	Peanut Butter and Jelly with <a href="#">granola bars</a> and fruit	<a href="#">Veggie Platter</a>	<a href="#">Risotto with fresh peas</a>