



## SUPER HEALTHY KIDS MENU May 24-28<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Cheerios</a> , <a href="#">sliced bananas</a> and 1/2 cup plain yogurt	Small soft taco with beans, tomatoes, and lettuce/ apple	1/2 cup sliced cucumbers with string cheese	Spaghetti with vegetables and green salad
<b>Tuesday</b>	1/2 cup oatmeal with peaches and soy milk	Grilled sandwich (Whole wheat bread, light cream cheese, avocado)	Vegetable slices with <a href="#">hummus</a> for a dip	Chicken tenders with <a href="#">mashed potato cupcakes</a> and green beans
<b>Wednesday</b>	Scrambled eggs and strawberries	English muffin pizzas with shredded carrots	Sliced apples with <a href="#">peanut butter</a>	Chicken Noodle soup
<b>Thursday</b>	Whole wheat toast with <a href="#">nut butter</a> and bananas	Vegetable pita pockets (avocado, tomatoes, lettuce)	Graham crackers and <a href="#">applesauce</a> mixed with raisins	Quesadilla's with shredded veggies and fruit salad
<b>Friday</b>	Mini <a href="#">blueberry pancakes</a> topped with yogurt	<a href="#">Sweet potato salad</a> and cantaloupe	Dates and almonds	<a href="#">Two bean corn meal pie</a>