



SUPER HEALTHY KIDS MENU

May 31st- June 4th

	Breakfast	Lunch	Snack	Dinner
Monday	Power Gold Smoothie	Turkey, cranberry sandwiches	Cantaloupe balls on skewers	Burritos with refried beans
Tuesday	Apple cinnamon Oatmeal	Spinach salad and whole wheat rolls	Cashews and dried apricots	Spinach Pesto Pasta with green salad
Wednesday	Scrambled Eggs with feta cheese and mushrooms	Chicken salad wraps	Sliced cucumbers marinated in yogurt, vinegar, and sugar	Fried Rice AWESOME Meal! So fast and easy
Thursday	Banana Nut Waffles	Pasta Pizza	Pita chips in hummus	Hamburgers and homemade fries
Friday	Blueberry muffins and canteloupe	Turkey and Rice Soup	Frozen fruit puree popsicles	Flaky Pizza Purses and Sheeze