



SUPER HEALTHY KIDS MENU OCT 12-16<sup>th</sup>

|                  | <b>Breakfast</b>                        | <b>Lunch</b>                                  | <b>Snack</b>                    | <b>Dinner</b>  |
|------------------|---|---|---------------------------------|--|
| <b>Monday</b>    | Whole wheat English muffins/<br>bananas | Pita pockets with sprouts and tomatoes        | Rice cakes with almond butter   | Veggie shepherds Pie   |
| <b>Tuesday</b>   | Oatmeal with blueberries and yogurt.    | PB & J<br>Apples<br>Carrots                   | Baked tortilla chips with salsa | <a href="#">Sloppy Joe's</a> with homemade fries and corn on the cob |
| <b>Wednesday</b> | Pumpkin Pancakes                        | Quesadilla's with salsa                       | Hard boiled egg                 | <a href="#">Corn Chowder</a>   |
| <b>Thursday</b>  | Peach smoothie                          | <a href="#">Sweet Cabbage apple salad</a>     | <a href="#">Edamame</a>         | Taco Salad with Black beans  |
| <b>Friday</b>    | Cereal with strawberries and milk.      | <a href="#">Macaroni and cheese (healthy)</a> | Pita bread with hummus          | Salmon with <a href="#">tropical salad</a>                           |