

SUPER HEALTHY KIDS MENU

Oct 4-8th

	Breakfast	Lunch	Snack	Dinner
Monday	<u>Whole Wheat waffles</u> with fruit	Chicken and spinach salad wrap	Poached eggs with asparagus	<u>Bean Cornmeal Pie</u> (vegetarian)
Tuesday	<u>Chocolate Banana Shake</u>	Corn Salsa and pita bread	<u>Pineapple, papaya and sunflower seed granola</u>	Chicken with artichokes and mushrooms
Wednesday	<u>Crunchy French Toast</u>	<u>Chicken soup with root veggies</u>	<u>Coconut Cream Pops</u>	Southwestern chicken with spinach and mashed potatoes
Thursday	<u>Good Day Pear Crisp</u>	<u>Apple cheese sandwich with honey and walnuts</u>	Carrot sticks and peanut butter	Chili
Friday	<u>Apple Yogurt Parfait</u>	<u>Low fat vegetarian corn chowder with beans</u>	<u>Oat bran applesauce mini muffins</u>	<u>Asparagus mushroom ham quiche with potato crust</u>

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