



SUPER HEALTHY KIDS MENU OCT 5-9th

	Breakfast	Lunch	Snack	Dinner
Monday	Cereal With Yogurt and fruit	Potato Salad	Popcorn!	Chili
Tuesday	Fruit salad and granola	Veggie wrap	Nut butter on celery	Multi-Bean Soup
Wednesday	Whole wheat toast/honey and oranges	Whole wheat roll with salad	Trail mix with nuts and dried fruit	Burrito's with pureed pinto beans and salsa
Thursday	Oatmeal with raisins and cinnamon	Black beans and rice	Graham crackers with bananas and nut butter	Baked potatoes with Veggie soup.
Friday	Breakfast burrito's	Wrap with lean meat and veggies	Crudités with ranch dip.	Stir fry with brown rice

SHOPPING LIST

Strawberries	Cheerios *0.10 per oz	Yogurt	Black Beans Dried * \$1.50 per lb	Honey *	Salsa
Blueberries	Whole wheat bread	Eggs \$0.04 per egg	Almonds *\$4.49 per lb	Brown Sugar	Low fat mayo (or veggie mayo)
Bananas	Granola	Deli meat	Multi-bean soup mix *\$2.99	Ranch seasoning	mustard
Oranges	Oatmeal * \$0.024 per oz	Low fat sour cream	Canned tomatoes *	Oregano	
Potatoes	Whole wheat tortillas		Tomato paste	Garlic Powder	
Celery	Brown Rice *\$.0078 per oz		Pinto beans	Italian seasoning	
Carrots	Whole wheat rolls		Broth (chicken or vegetable) *	Pepper	
Lettuce	Popcorn		Dried fruit		
Avocado	Graham Crackers		Seeds		
Raisins					
Sprouts					
Tomatoes					
Onion					
Zucchini					
Mushrooms					
Broccoli					
Cabbage					

