



SUPER HEALTHY KIDS MENU

Sept 13-17th

	Breakfast	Lunch	Snack	Dinner
Monday	Diced potatoes, eggs, and green peppers	Chickpea macaroni salad	Baguette slices dipped in marinara sauce	Cream of Spinach Soup
Tuesday	<u>Orange French Toast</u>	Turkey and avocado sandwiches	Key Lime Fruit Salad	Lemon Mushroom Herb Chicken
Wednesday	Three Sisters Cereal	<u>Peanut Butter and Apple</u> slices on Whole Wheat	<u>Ghostly tortillas</u>	Veggie Ranch Pizza
Thursday	<u>Granola</u> With Yogurt	<u>Macaroni and Cheese</u>	Apples and nut butter (<u>check out this great idea for keeping apples fresh!!</u>)	Veggie Stir fry with sprouts and zucchini
Friday	<u>Apple Cinnamon Muffins</u> (from the Three sisters facebook page)	Italian Vegetable focaccia sandwiches	<u>Celery and Peanut Butter</u>	Peach Glazed Pork Chops