



SUPER HEALTHY KIDS MENU

Sept 6-10th

	Breakfast	Lunch	Snack	Dinner
Monday	Morning Glory Muffins	Mango chicken salad wrap	Plain Yogurt with Cottage cheese and berries	BBQ chicken with sweet potato Crescent rolls
Tuesday	blueberry Smoothies with whole wheat toast	Layered Pea Salad	Poppers	Black Bean Tortilla casserole
Wednesday	One eyed monsters and orange juice	Whole wheat pasta with broccoli and parmesan cheese	Apples with peanut butter	Chicken and rice with mushrooms, onions, broccoli
Thursday	Banana Nut Waffles	“Face sandwiches” English muffin- Nut (peanut butter) apples and raisins)	Apple Chips	Kewl Asian Wraps
Friday	Black bean and salsa omelets	Almond Butter and Jelly on Whole wheat bread	Almonds and raisins	Lasagna with salad