



SUPER HEALTHY KIDS MENU Nov 16-20<sup>th</sup>

|                  | <b>Breakfast</b>                                 | <b>Lunch</b>                        | <b>Snack</b>                      | <b>Dinner</b>  |
|------------------|--|-------------------------------------|-----------------------------------|--|
| <b>Monday</b>    | Power Gold Smoothie                              | Pasta salad with vegetables         | PB & J Balls                      | Vegetable Pot Pie                                      |
| <b>Tuesday</b>   | <a href="#">Oatmeal muffins</a> with berries     | Broccoli Slaw and rolls             | Oatmeal carrot cake bread         | BBQ chicken with <a href="#">sweet mashed potatoes</a> |
| <b>Wednesday</b> | Fruit salad with cottage cheese                  | Quesadilla's with salsa             | <a href="#">Veggie Pin wheels</a> | Borsch   |
| <b>Thursday</b>  | Banana Fritters                                  | Refried beans and salad on tortilla | Parmesan popcorn                  | Tomato tortellini soup                                 |
| <b>Friday</b>    | <a href="#">Gingerbread whole wheat pancakes</a> | Salad in a pita                     | Fruit and nut bars                | Green noodles  |