



SUPER HEALTHY KIDS MENU Nov 2-6<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Museli with dried fruit and nuts	Pita with Sprouts and cucumbers	Applesauce	Spaghetti with mushrooms and squash
<b>Tuesday</b>	Overnight Oatmeal with apricots	English Muffin Pizzas	<a href="#">Peanut Butter Balls</a>	Baked potato bar
<b>Wednesday</b>	Whole wheat Raspberry Waffles	Almond Butter and Jelly Sandwich	Crostini with <a href="#">hummus</a> and tomatoes	Burritos with salad
<b>Thursday</b>	Whole wheat bagel, light cream cheese and bananas	Tuna sandwich with celery and shredded carrots	Chunky potato fries with <a href="#">Berry Slaw</a>	Vegetable Chow Mein
<b>Friday</b>	<a href="#">Green smoothie</a> , with extra green!	Green salad with mandarin oranges and nuts.	<a href="#">Trail Mix</a>	Teriyaki Chicken with broccoli and rice.