



SUPER HEALTHY KIDS MENU Nov 9-13th

	Breakfast	Lunch	Snack	Dinner
Monday	Orange Creamsicle smoothie	Sweet potato Risotto	Cottage Cheese and peaches	Black eyed peas with brown rice
Tuesday	Bran Muffins and Bananas	Pita with sprouts, lettuce, tomato.	Mixed nuts with raisins	Sweet potato soup
Wednesday	<u>Breakfast Burritos</u>	Caesar salad and whole grain roll	<u>Pumpkin hummus</u> on sourdough	<u>Pizza</u>
Thursday	Oatmeal with craisins, vanilla and cinnamon	<u>Noodles, broccoli and parmesan.</u>	English muffin with peanut butter and banana slices	Chicken with wild rice and parmesan
Friday	Whole Grain cereal with soy milk and berries	Whole wheat sandwich, honey and almond butter	<u>Veggie Tray</u>	Chicken salad with creamy orange dressing, pecans and cranberries