



SUPER HEALTHY KIDS MENU

Aug 2-6th

	Breakfast	Lunch	Snack	Dinner
Monday	“Fruity-Fruity – Protein Smoothie . Too cute, you have to see this little guy’s recipe.	Peanut butter and apple sandwich with baby carrots	Cashews and Dried Apricots (these are falling off the tree’s. I can get them for free :))	Turkey Patties iwth Corn and tomato relish
Tuesday	Green eggs and whole wheat toast.	Veggie sandwich with whole wheat mini bagels (sprouts, avocado and tomato)	Energy Bars	Beef- Noodle and vegetable dinner
Wednesday	Kid Friendly Quiche	Chuck Wagon Salad	Fruit leather (with all our apricots)	Beef and Bean tossed salad
Thursday	Ellie’s Apple Pecan Muffins	Zucchini Quesadilla’s (recipe coming this week)	Grapes and baby carrots	Chuck wagon vegetarian chili
Friday	Blender Wheat Pancakes	Rice and Beans	Sliced cucumbers dipped in Ranch	Sweet and Sour Pasta Salad