



SUPER HEALTHY KIDS MENU

July 12th- 16th

	Breakfast	Lunch	Snack	Dinner
Monday	Mango/ Peach Smoothies	Open faced tuna sandwiches	Watermelon	Enchiladas
Tuesday	Steel cut strawberry oatmeal	Greek Salad with chicken	Joy's Roasted Oat Coconut Balls	Zesty Italian Chicken with green salad
Wednesday	Breakfast Frittata	Nut butter and Jam pinwheels	Marinated cucumbers	Sauteed broccoli slaw in teriyaki sauce with chicken
Thursday	Banana Oatmeal Pancakes	Tabbouleh and fruit	Crackers	Potato Bar
Friday	Vegan Blueberry Muffins	Cucumber Soup	Jicama Fries	Black bean burgers with sweet potato fries