



# SUPER HEALTHY KIDS MENU

Gluten Free Week July 19-23

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Rice Chex with yogurt and fruit	Hard boiled egg with sliced carrots and broccoli	Trail Mix with nuts and raisins	Chicken, brown rice, and vegetable stir fry
<b>Tuesday</b>	Cream of rice with blueberries and coconut milk	Taco Salad	Apple with almond butter	Fajitas with corn tortillas and vegetables
<b>Wednesday</b>	Banana smoothie and poached egg	<a href="#">Chicken nuggets</a> Dipped in nuts with green salad	Peaches with cottage cheese	Turkey Chili with carrots, onions, peppers
<b>Thursday</b>	Scrambled Eggs with banana and nectarine	<a href="#">Fruit and Rice</a>	Baked Apples with cinnamon	<a href="#">Broccoli and Pine nut soup</a>
<b>Friday</b>	Cream of rice with peaches and milk	Lettuce Wraps	<a href="#">Funky Monkey Snacks</a> (giveaway on Monday)	<a href="#">Citrus Cinnamon Chicken in Slow Cooker</a> with Zucchini