



SUPER HEALTHY KIDS MENU

July 5th- 9th

	Breakfast	Lunch	Snack	Dinner
Monday	Peach and coconut milk smoothies	Egg Sandwiches	Watermelon	Taco-Pasta salad
Tuesday	Blueberry oatmeal with cinnamon	Chilled grape chicken salad	Walnuts and apricots	Minestrone Soup
Wednesday	Vegetable Scramble	BLT Wrap	Green beans (from the garden)	Hawaiian Haystacks
Thursday	Protein Pancakes	Tuna Rotini Salad	Granola Bars	Salmon and vegetables. (we really are going to try it this week...really!)
Friday	Oven Baked French Toast	Tomato soup	Strawberry Rhubarb Applesauce	Vegetarian lasagna