



# SUPER HEALTHY KIDS MENU

April 12-16<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Apricot Almond Coffee Cake	Turkey and avocado sandwich	Apple cinnamon Popcorn	Taco Salad
<b>Tuesday</b>	Blueberries and cream oatmeal	PB&J sandwiches	Deviled Eggs	Asian Beef Noodle salad
<b>Wednesday</b>	Scrambled eggs with whole wheat toast	chicken, corn, and black bean salad	Pita Wedges with <a href="#">hummus</a>	Chicken salad with pecans and cranberries-creamy orange dressing
<b>Thursday</b>	French toast with Strawberries	Cracker sandwiches (like Lunchables but more awesome cause we make them ourselves)	Rice pudding with raisins	3-mushroom soup and <a href="#">Sweet potato crescent rolls</a> (can't stop making these!!)
<b>Friday</b>	Cereal with fruit and yogurt	Leftover mushroom soup.	Graham Crackers dipped in yogurt	Broccoli Quiche