



SUPER HEALTHY KIDS MENU Feb 15-19<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Swiss Muesli (oats, yogurt, raisins, apples)	Pasta salad with vegetables (chilled)	<a href="#">Applesauce</a>	<a href="#">Sesame Mandarin Quinoa Salad</a>
<b>Tuesday</b>	Egg white omelet's with mushrooms	Mini Whole wheat bagels with cheese, lettuce, tomatoes	<a href="#">Apple Chips</a>	<a href="#">Frittata</a> (with broccoli and potatoes)
<b>Wednesday</b>	<a href="#">Power Gold Smoothie</a>	Almond Butter and Jelly on Whole wheat bread	Yogurt with Cottage cheese and berries	Pioneer Woman's <a href="#">White Chili</a>
<b>Thursday</b>	<a href="#">Protein Pancakes</a>	"Toothpick lunch" (cubed veggies, cheese, and meat)	Almonds and raisins	<a href="#">Noodles with Mushroom and lemon ginger dressing.</a>
<b>Friday</b>	Porridge (oats, rice, wheat germ, raisins, vanilla)	Mini whole wheat bagel with cream cheese and cucumber	Carrots and dip!	<a href="#">Lasagna</a> with salad