



SUPER HEALTHY KIDS MENU

June 14th -18th

| | Breakfast | Lunch | Snack | Dinner |
|------------------|---------------------------------------|---|---------------------------------|--------------------------|
| Monday | Vanilla-Lime Smoothie | Worm Sandwiches (coming up) | GO-GO SQUEEZE!! | Black bean frittata's |
| Tuesday | Overnight Oatmeal | Broccoli Salad and whole wheat rolls | Pistachio's and dried apples | Chicken manicotti |
| Wednesday | Poached Eggs with Sliced apples | Veggie lover's wraps | Cucumbers and ranch | Beef Noodle Bowl |
| Thursday | Peach and oat waffles | Chicken and vegetable pasta | Blueberry Oat Bread | Almond Chicken |
| Friday | Bran Muffins and fruit salad | Black eyed peas and sweet potato soup | Blueberries in yogurt | Spiced Apple Squash Soup |

www.superhealthykids.com