














**SUPER HEALTHY KIDS MENU**  
March 1-5th

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Cottage Cheese Pancakes 	<a href="#"><u>Butterfly Sandwiches</u></a> 	Vegetable platter with Ranch 	<a href="#"><u>Creamy Lemon Chicken and Rice</u></a> <a href="#"><u>Two Peas and Their Pod</u></a>
<b>Tuesday</b>	Cereal with fruit and yogurt 	<a href="#"><u>Black Bean Soup</u></a>  <a href="#"><u>Hungry Homemaker</u></a>	Trail Mix with dried fruit 	<a href="#"><u>Coq-Au-Vin</u></a> with Chicken breasts <a href="#"><u>Nana's Kitchen</u></a>
<b>Wednesday</b>	Smoothie 	Peanut Butter and Jelly 	Cottage cheese and fruit 	<a href="#"><u>Sloppy Janes</u></a> with Green salad  <a href="#"><u>Itzy's Kitchen</u></a>
<b>Thursday</b>	<a href="#"><u>Apple-Cinnamon Pancakes</u></a> <a href="#"><u>Burnt Apple</u></a>	Turkey Wrap with avocado	<a href="#"><u>Fruit Salad</u></a> 	<a href="#"><u>Spinach and artichoke Heart Quiche</u></a> <a href="#"><u>Three Kid Circus</u></a>
<b>Friday</b>	Egg Sandwiches 	Bagel Sandwiches with carrots	<a href="#"><u>Granola Bars</u></a> 	<a href="#"><u>Baked Vegetable Won-Tons</u></a>  <a href="#"><u>A Life Less Sweet</u></a>