



## SUPER HEALTHY KIDS MENU

March 29<sup>th</sup>-April 2<sup>nd</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Apple cinnamon Oatmeal	English muffin pizza with chicken	Banana Yogurt Pops	Mini chicken pot pies (veggies inside)
<b>Tuesday</b>	Scrambled eggs and bananas	Mexican Quesadillas	Protein Energy Bars	Mini hamburgers with sweet potato fries
<b>Wednesday</b>	<u>Cereal Parfaits</u>	“Face sandwiches” English muffin- Nut (peanut butter) apples and raisins)	Fig Energy Bars	<u>Vegetable Stromboli</u> with fruit salad
<b>Thursday</b>	<u>Green Smoothie</u>	<u>Chicken/ Corn/ Black beans</u>	Nutty Health Bar	<u>Quinoa Chili!</u> Looks really good!
<b>Friday</b>	Cinnamon Raisin French Toast with sliced apples	Veggie wrap with light cream cheese, Whole wheat tortilla and vegetables	Baked Sweet Potato Chips	<u>Layered Greek Pasta Bake</u>