



SUPER HEALTHY KIDS MENU

May 10-14th

	Breakfast	Lunch	Snack	Dinner
Monday	Power Puff Pancakes	Bean Burrito, apple, low fat milk	Banana Roll Ups	Balsamic Roast Chicken with potatoes and green beans
Tuesday	Strawberry smoothies	Whole wheat wrap with hummus spread and turkey	Laughing cow cheese on baby carrots	Pomodora Angel Hair pasta. (Pomodora means tomato) with salad
Wednesday	Strawberries and milk oatmeal	Whole wheat bagel sandwiches/ celery and peanut butter	Cottage cheese and blackberries	Turkey burgers and homemade fries
Thursday	Scrambled eggs in Pita pocket and applesauce	Cold Pasta salad with tomatoes and olives	Trail Mix	Salad Bar
Friday	French Toast with whole wheat bread and berries	Peanut Butter and Honey butterfly sandwiches	Hard boiled eggs and a banana	Teriyaki chicken and broccoli