



SUPER HEALTHY KIDS MENU

May 17-21st

	Breakfast	Lunch	Snack	Dinner
Monday	Scrambled eggs, diced potatoes, watermelon	Triple Berry Wheat salad	Frozen Banana Fluff	Vegetarian Chili with baked corn chips
Tuesday	Oatmeal with raisins and crushed walnuts	Whole wheat pita pockets with hummus spread/ sliced ham and provolone cheese	Black bean dip with baked corn chips	Pea Salad and Chicken breasts (marinated in Italian Dressing)
Wednesday	Banana Berry Shake	Bean and Veggie wrap	Dried pears	Black Bean burgers with homemade fries
Thursday	Watermelon smoothie	Honey ham bagel sandwiches with carrots	Orange treat	Triple Berry Slaw with Grilled chicken breasts
Friday	Hash brown Frittata and bananas	Peanut Butter and Jelly with granola bars and fruit	Veggie Platter	Risotto with fresh peas