



SUPER HEALTHY KIDS MENU

May 3-7th

	Breakfast	Lunch	Snack	Dinner
Monday	Banana Bran Muffins	Whole wheat bread with PB&J .	Rice pudding with fruit	Pasta with butternut squash sauce and salad
Tuesday	Buckwheat griddle cakes with berries	Pasta vegetable salad	Fruit tray and dip	Bean and Bulghur chili
Wednesday	Lemon Poppyseed bread with strawberries	Black Bean Soup with dinner rolls	Baby carrots with hummus	Baked chicken and Rice with Carrots and Peas
Thursday	Brown Rice Frittata with vegetables	Salad wrap (Caesar salad inside a wrap)	Apples and Almond Butter	Vegetarian Lasagna
Friday	Blueberry Smoothies with whole wheat toast	Pita pocket with sprouts, tomatoes, chicken	Olives and string cheese kabobs	Thai Chicken Stew