



# SUPER HEALTHY KIDS MENU

May 31<sup>st</sup>- June 4<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Power Gold Smoothie</a>	Turkey, cranberry sandwiches	Cantaloupe balls on skewers	Burritos with <a href="#">refried beans</a>
<b>Tuesday</b>	Apple cinnamon Oatmeal	<a href="#">Spinach salad</a> and whole wheat rolls	Cashews and dried apricots	<a href="#">Spinach Pesto</a> Pasta with green salad
<b>Wednesday</b>	Scrambled Eggs with feta cheese and mushrooms	Chicken salad wraps	Sliced cucumbers marinated in yogurt, vinegar, and sugar	<a href="#">Fried Rice</a> AWESOME Meal! So fast and easy
<b>Thursday</b>	<a href="#">Banana Nut Waffles</a>	<a href="#">Pasta Pizza</a>	Pita chips in hummus	Hamburgers and homemade fries
<b>Friday</b>	Blueberry muffins and canteloupe	Turkey and Rice Soup	<a href="#">Frozen fruit puree popsicles</a>	<a href="#">Flaky Pizza Purses and Sheeze</a>