



SUPER HEALTHY KIDS MENU OCT 19-23th

	Breakfast	Lunch	Snack	Dinner
Monday	Pumpkin muffins with bananas	Waldorf salad and pita bread	Sorbet	Portobello Mushroom burgers
Tuesday	One-eyed monsters and strawberries	Green salad with cranberries	Raspberry almond parfait	Pesto pasta with peas
Wednesday	Whole wheat toast with applesauce .	Bagel sandwich with avocado and tomatoes	Quinoa Cookies!!	Spinach Quiche
Thursday	Pineapple coconut smoothies	Veggie pastry pockets	Pita bread with raisin butter	Yogurt chicken With chef's salad
Friday	Oatmeal with cranberries, nuts, and almond extract.	PB & J with apples and carrots	Fruit leather with chopped vegetables.	Potato Soup