

healthy food for kids

Nutritional information every parent needs to know to provide a healthy diet for their child



	Breakfast	Lunch	Snack	Dinner
Monday	Power Puff Pancakes	Turkey Caesar Salad with Homemade Croutons	Banana with Cashew Butter	BBQ Chicken Baked Potato and Green Beans
Tuesday	Egg Salad Cherries	Homemade Mac and Cheese Strawberries	Summer Crudités Tray	California Bean Burgers Green Salad
Wednesday	Pineapple Coconut Oatmeal	Mexican Cheese Salad Nectarine	Dates and Almonds	Summer Veggie Lasagna Watermelon
Thursday	Fruit Smoothie	Chicken wrap	Open Face Cheese Sandwich w/ Tomatoes	Summer Fried Rice
Friday	Egg Waffle and Grapes	Pasta with Broccoli, Tomatoes, and Parmesan	Zucchini Bread	Honey Glazed Salmon Swiss Chard

