

SEPTEMBER 28-OCTOBER 4

**MONDAY,
SEP 28**



Yogurt Oats



Green Egg-wich



Guacamole Tomato Boats



Sweet Potato Lentil Chili

**TUESDAY,
SEP 29**



Baked Potato Egg Boat



Almond School Lunch



Mango Cucumber



Chinese Noodles

**WEDNESDAY,
SEP 30**



Pumpkin Seed Breakfast Cookie



Chickpea Hummus Sandwich



Mason Jar Veggies



Slow-cooked Pineapple Chicken

**THURSDAY,
OCT 1**



Peach Oat Smoothie



Quirky Quinoa with Almonds

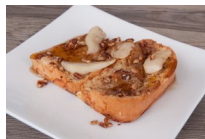


Cheesy Popcorn



Peppered Meatloaf

**FRIDAY, OCT
2**



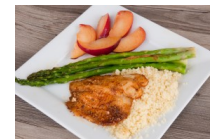
Overnight Breakfast Casserole



Pesto Pinwheels



Butterfly Snacks



Tangy Tilapia with CousCous

**SATURDAY,
OCT 3**



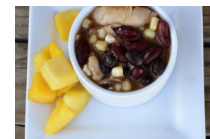
Sweet Potato Coconut Muffins



Chopped Italian Salad



Roasted Pears



Creamed Tortilla Soup

**SUNDAY,
OCT 4**



White Frittata with Mushrooms



Leftovers!



Cinnamony Apple Bowl



Skillet Spinach Pasta and Sausage

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