



SUPER HEALTHY KIDS MENU

April 18-22nd

	Breakfast	Lunch	Snack	Dinner
Monday	Whole Wheat Chex with milk and bananas	Ham rolled in whole wheat tortilla with Baja coleslaw	Pistachios and dried apricots	Beef and Portobello Stroganoff
Tuesday	Coconut berry oatmeal	Gluten free mini pizzas with broccoli slaw	Graham crackers with almond butter and bananas	Chicken Enchilada Casserole
Wednesday	Baked Omelets	Tabbouleh and fruit	Cottage cheese with blueberries	Turkey Chili Pot Pie
Thursday	Carrot Muffins	alfalfa sushi sandwiches	Carrot sticks with Laughing Cow Cheese	Butternut Squash Gratin
Friday	Egg sandwiches with strawberries	Turkey Sandwich on dinner rolls with lettuce and tomatoes	Apples with Peanut Butter dip	Potato-Crusted Quiche

[Super Healthy Kids](#) is a website dedicated to providing you all the tools you need to feed your family **healthier food**, even when you are **in a hurry!**

We have [over 60 meal plans](#) in our archives.

We also have [our 30 day meal plan](#) which is complete with everything you need to have a healthy meal on the table tonight!