



## SUPER HEALTHY KIDS MENU

April 23-27, EARTH FRIENDLY LIVING

	Breakfast	Lunch	Snack	Dinner
Monday	Cheerios with yogurt and berries	Peanut butter and banana sandwich on whole wheat	Almonds and Raisins	<a href="#">Asian Chicken Slaw</a>
Tuesday	Fruit salad with toast	Bagel sandwich with avocado, tomatoes, and ham	Applesauce	<a href="#">Chicken French Bread Pizza</a>
Wednesday	Granola cereal with yogurt and bananas	Whole wheat roll and green salad with ranch dressing	Guacamole with pita crisps	Tex Mex Chicken Pasta Salad
Thursday	<a href="#">Cherry apple Smoothie</a>	Turkey cranberry sandwich on whole wheat wrap	Vegetable platter with dip	<a href="#">Chicken Tacos</a>
Friday	<a href="#">Rainbow Toast</a> with bananas	Almond butter and all fruit spread on whole wheat bread	Sunflower seeds and dried mangoes	Green salad with Rotisserie chicken and blackberry dressing

Cook one or several rotisserie chickens at the beginning of the week, and use it for all the dinners to limit your time in the kitchen, and reduce your carbon footprint!

Meal plan prepared by [www.superhealthykids.com](http://www.superhealthykids.com)

For our meal planning website that includes recipes, images, nutrition data, and always seasonal foods, visit <http://myhealthymealplans.com>