



## SUPER HEALTHY KIDS MENU

April 25-29<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Blueberry Coffee Cake</a>	<a href="#">Grilled cheese with butternut squash</a>	<a href="#">Quinoa Granola Bars!</a> (I'm so excited to try these!!)	BBQ chicken with mashed potatoes and green salad
<b>Tuesday</b>	Heavenly: <a href="#">French Toast with Pecans, Coconut, and Orange Syrup</a>	Mediterranean Feta Cheese Flat Bread Pizzas (recipe this week)	Fruit sliced and skewered	<a href="#">Crockpot lasanga</a>
<b>Wednesday</b>	<a href="#">Orange creamsicle smoothies</a> with whole wheat toast	<a href="#">Egg salad</a> sandwich on whole wheat with grapes	<a href="#">No cook apricot Oat Bars</a>	Tilapia with asparagus and whole wheat rolls
<b>Thursday</b>	<a href="#">Carrot Cake pancakes</a>	<a href="#">Mandarin chicken salad</a>	Broccoli with dip (low fat sour cream and taco seasoning)	Grilled chicken breast with steamed veggies and quinoa
<b>Friday</b>	Breakfast burritos	<a href="#">Chickpea nugget</a> sandwiches with carrots	Crackers with low-sodium hummus	Ground turkey with <a href="#">red sauce</a> and rice noodles (I found in the gluten free section)

[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!