



## SUPER HEALTHY KIDS MENU

Miserly Meals for April 4-8<sup>th</sup>

|                  | <b>Breakfast</b>   | <b>Lunch</b>  | <b>Snack</b>   | <b>Dinner</b>  |
|------------------|--|---|--|--|
| <u>Monday</u>    | <a href="#">Homemade granola</a> , with <a href="#">homemade yogurt</a> .<br>Bananas | Tuna sandwiches on <a href="#">homemade bread</a> with celery and peanut butter | <a href="#">Dung Balls</a> (ha ha.. chocolate peanut butter balls)                                       | <a href="#">Black Bean soup</a> and homemade <a href="#">corn chips</a>  |
| <u>Tuesday</u>   | <a href="#">Chocolate chip cookie oatmeal</a>  | Cold pasta salad with green salad and grapes ( <a href="#">Italian lunch</a> )  | homemade fruit leather   | <a href="#">Fajitas</a> with onions and peppers ( <a href="#">homemade tortillas</a> )<br>Save leftover chicken for chicken pizza on Wednesday |
| <u>Wednesday</u> | Pancakes ( <a href="#">homemade pancake mix</a> ) with defrosted frozen berries      | <a href="#">Southwest Quinoa Rice Pilaf</a>                                     | <a href="#">homemade applesauce</a> with walnuts on the side   | <a href="#">homemade pizza</a> with shredded chicken and broccoli  |
| <u>Thursday</u>  | <a href="#">Blueberry oat muffins</a>  | Leftover pizza. Add crusty roll and fruit                                       | Popcorn (seriously the cheapest snack ever!!)  | <a href="#">Hawaiian Haystacks</a>   |
| <u>Friday</u>    | Scrambled eggs and <a href="#">homemade bread</a>                                    | <a href="#">A muffin tin lunch</a>  | Finish off produce for the week (get ready for shopping day) Most likely it will be carrots and oranges. | <a href="#">White bean chili</a>   |

[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!