



SUPER HEALTHY KIDS MENU

April 9-13th

	Breakfast	Lunch	Snack	Dinner
Monday	Cooked oatmeal with raspberries, almond slivers, and coconut	Chicken Caesar wrap (romaine, chicken, and parmesan cheese)	Kiwi and soy nuts	Roasted Chicken and Vegetables
Tuesday	Sunflower pancakes with bananas and chocolate chips	Pita pizzas (marinara, spinach, and mozzarella)	Peach cobbler granola	Vegetable pot pies
Wednesday	Turkey and egg white wrap	Tuna Sandwiches on whole wheat plus carrots	Hummus and baby carrots	One Pot Pasta Primavera
Thursday	Egg sandwich with a banana	Easy Cheesy Tomato sandwiches	Vanilla frozen yogurt with blackberries	Black Bean Taco Salad
Friday	High fiber cereal topped with yogurt and berries	PB Fruit Roll-Up	Trail mix: Soy nuts, raisins, and sunflower seeds	White chicken Chili

For the ultimate meal plans that:

- Have images of all the meals
- Recipes for everything
- Fruits and vegetables at every meal
- Under 5% added sugar
- High in Fiber
- Low in sodium
- With a complete grocery list

Check out our meal planning site at <http://myhealthymealplans.com>