



SUPER HEALTHY KIDS MENU

August 1-5th

	Breakfast	Lunch	Snack	Dinner
<u>Monday</u>	Quinoa Porridge with honey and cinnamon	Egg Salad on whole wheat bread (made with veganise and celery)	Zucchini Bread (we've got loads of zucchini right now)	Chicken Kabobs with Asian Dipping Sauce
<u>Tuesday</u>	Omelets with mushrooms, onions, and sun dried tomatoes	Zucchini and chicken salad (in a whole wheat pita pocket)	Avocado mango salsa with baked tortilla strips	Zucchini noodles with shredded chicken
<u>Wednesday</u>	Cereal with Greek yogurt and berries	PB&J on whole wheat bread with carrot raisin salad	Cottage cheese with peaches	Chicken Fajitas with peppers, onion,s and whole wheat tortillas
<u>Thursday</u>	Carrot Cake Pancakes	Wheat Berry Salad with rolled turkey slices	Feta, spinach, and cream cheese pinwheels on whole wheat tortilla	Chicken parmesan with strawberry spinach salads
<u>Friday</u>	Toast with milk and bananas	Black Bean soup with whole wheat rolls	Apples with cottage cheese sprinkled with cinnamon	Chicken enchiladas

[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.

Also, check out [our 30 day meal plan](#) which is our complete menu with everything you need to have a healthy meal on the table tonight!