



SUPER HEALTHY KIDS MENU

August 15-19th

	Breakfast	Lunch	Snack	Dinner
<u>Monday</u>	Baked Eggs	Chicken and grape salad on a bed of lettuce	Hummus and pita wedges	Fish Sticks with green salad and strawberries
<u>Tuesday</u>	Vegetable Omelet	Broccoli Waldorf salad with apples, green onions, and chicken	Celery sticks filled with tuna	Chicken Marsala with mushrooms and green onions with Potato fans
<u>Wednesday</u>	Spinach Smoothie (Orange Juice , plain yogurt, spinach, and blackberries)	Quesadillas (whole wheat tortillas grilled with laughing cow cheese)	Banana Ice Cream	Oriental Steak Stir fry with brown rice
<u>Thursday</u>	Apple Omelet	Whole wheat wrap with leftover steak, lettuce and avocado	Grapes and mozzarella cheese	Grilled tofu and veggies over whole wheat noodles
<u>Friday</u>	Oatmeal with cinnamon and apples	Waffle-almond butter-strawberry sandwich with chopped veggie and dip.	Strawberry, blueberry salsa with whole wheat tortilla strips	Grilled potato Kabobs with lemon herb Drizzle

[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!