



SUPER HEALTHY KIDS MENU

August 22-26th

	Breakfast	Lunch	Snack	Dinner
Monday	Pumpkin Blueberry Pancakes	Egg salad sandwich on whole wheat bread	Homemade Lara Bars	Mushroom Fiesta Tacos
Tuesday	Breakfast burrito with eggs and mushrooms	PB&J on whole wheat bread with apple slices and broccoli salad	Fruit Salsa and pita wedges	Grilled chicken and mushroom Risotto
Wednesday	Berry Smoothie (coconut milk, frozen berries)	Turkey wrap with avocado, lettuce, and sprouts	Cinnamon Almonds	Chicken tenders, dipped in bread crumbs and baked with broccoli salad
Thursday	Granola with yogurt and berries	Almond butter and bananas in whole wheat pita	Deviled eggs	Homemade macaroni and cheese with peas and carrots
Friday	Omelet with salsa and avocado	Turkey and cheese on whole wheat bread with carrots and an orange	Trailmix (pecans, almonds, raisins, dried apple slices, and chocolate chips)	Chili with Timmy Cakes

[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!