



SUPER HEALTHY KIDS MENU

August 29-Sept 2nd

	Breakfast	Lunch	Snack	Dinner
Monday	Homemade Breakfast Bars	"Orange Day Bento"	Peanut Butter Bees	Greek Chicken, Spinach, and Rice
Tuesday	Protein Pancakes with berries and bananas	Summer Orzo Salad	Fruit and Nut Granola Bars	French Onion Soup with French bread
Wednesday	Peach Power Smoothie	Personal Pita Pizzas with green salad	Crunchy Fruit Peanut Butter Toppers	Crock Pot roast, with carrots, potatoes, and onions
Thursday	Apple and Walnut Oatmeal	Crunchy Wraps	Pita chips with cucumber yogurt sauce	Chicken Stuffed with Garlic and Goat Cheese with roasted broccoli
Friday	Quinoa Pancakes with fruit salad	Long Life Noodles	Dairy-egg-and nut-free ginger muffins	Open Faced Pulled chicken Sandwiches with sweet shredded cabbage salad

[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!