

Super Healthy Kids Weekly Meal Plan

August 6-10, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	<i>Strawberries and Cream Cheese Toast</i>	<i>Grilled Cheese and Apple Sandwich Steamed Green Peas</i>	<i>Melon and Cheddar Kabobs</i>	<i>Southwestern Turkey Fajitas</i>
Tuesday	<i>Egg and Ham Rollup Orange Juice</i>	<i>Pasta Primavera</i>	<i>Air popped popcorn Fresh Cherries</i>	<i>Summer Lemon Vegetable Risotto Grilled Zucchini</i>
Wednesday	<i>Oatmeal with Strawberries and Blueberries</i>	<i>Lunch Box Egg Salad Sandwich Cucumber Rounds</i>	<i>Sugar Snap Peas with Honey Mustard Dip</i>	<i>Turkey Ravioli Lasagna Green Salad</i>
Thursday	<i>Wacked Out Watermelon Smoothie</i>	<i>Leftover Lasagna Sugar Snap Peas</i>	<i>String Cheese Fresh Strawberries</i>	<i>Cornmeal Crusted Chicken Nuggets Watermelon</i>
Friday	<i>Peanut Butter and Banana Granola Wrap</i>	<i>Pita Pinto Pizza</i>	<i>Pina Avocado Smoothie</i>	<i>Lemon Basil Shrimp with Broccoli Pasta</i>

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- meal plan with pictures,
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