



SUPER HEALTHY KIDS MENU

August 8-12th

	Breakfast	Lunch	Snack	Dinner
Monday	Power Puff Pancakes	Whole wheat wrap with hummus spread and turkey	Hard boiled eggs and a banana	Asian Chicken Slaw from Oh Sweet Basil
Tuesday	Strawberries and milk oatmeal	Cold Pasta salad with tomatoes and olives	Cottage cheese and peaches	Creamy Fusilli with vegetables
Wednesday	Strawberry smoothies	Whole wheat bagel sandwiches/ celery and peanut butter	Laughing cow cheese on baby carrots	Pesto Pecan Chicken with green beans and corn
Thursday	Scrambled eggs in Pita pocket and applesauce	Peanut Butter and Honey butterfly sandwiches	Trail Mix	Salad Bar

[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!