



SUPER HEALTHY KIDS MENU

Dec 13-17 BENTO LINKS

	Breakfast	Lunch	Snack	Dinner
Monday	Whole-wheat applesauce spice muffins	A Pirate Bento from Bento Lunch	Trail Mix	Chicken Taco's with veggies
Tuesday	Whole wheat toast with peanut butter and banana	Tuesday, From Wendolonia	Kiwi with walnuts	Stir fry vegetables and rice with teriyaki chicken
Wednesday	Pumpkin Shake	Snowman Sammy from Another Lunch	Lowfat yogurt with peaches and almonds	Broiled chicken breast with wild rice and broccoli
Thursday	Greek yogurt with granola and berries	Mario Time by Bento For Kidlet	Cottage cheese with California raisins and cashews	Turkey meatballs with Spaghetti
Friday	Cream of wheat with berries and skim milk	Valentines Bento (too cute.. I know it's Christmas) from Lunch in a box	String cheese with grapes and walnuts	Homemade hamburgers and fries

Meal plan prepared by www.superhealthykids.com

For our 30 day meal plan, visit <http://blog.superhealthykids.com/30-day-meal-plan>