



SUPER HEALTHY KIDS MENU

Dec 20-24th

	Breakfast	Lunch	Snack	Dinner
<u>Monday</u>	Mango and banana smoothie	Veggie filled quesadilla's	Apples with Peanut Butter Dip	Taco Salad
<u>Tuesday</u>	Baked Oatmeal	Turkey and Tomato wrap	Greek yogurt with berries	Bean and vegetable soup
<u>Wednesday</u>	Scrambled eggs and whole wheat toast	Peanut butter and apple wrap	cottage cheese and peaches	Pork lo Mein with stir fry vegetables
<u>Thursday</u>	Blueberry Pancakes	Chicken pockets	Christmas Almonds	White Bean Chili
<u>Friday</u>	Fruit salad and raspberry muffins	Chicken salad sandwiches with broccoli salad	Light Gingerbread cookies!	Christmas Eve! Turkey, salad, rolls, potatoes

Meal plan prepared by www.superhealthykids.com

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