



SUPER HEALTHY KIDS MENU

Dec 27-31th

	Breakfast	Lunch	Snack	Dinner
Monday	Almond and Orange Pancakes	Whole wheat hoagie roll with turkey and avocado	Baked chips with Three bean dip	Chicken and zucchini spaghetti
Tuesday	Veggie scramble (eggs with mushrooms and tomatoes)	Black bean wrap (Cheese and black beans in whole wheat wrap)	Banana with almond butter	Minestrone Soup
Wednesday	Berry smoothie	Potato soup and whole wheat rolls	mozzarella chunks and apple	Veggie Spring Rolls
Thursday	Oatmeal with peanut butter and chocolate	Homemade mini pizza's with peppers and broccoli	Veggies and hummus	Roast Chicken with Asparagus
Friday	High fiber cereal with blueberries	PB & J sandwich and carrot sticks	Plain Greek yogurt with cucumbers	Pulled Pork Sandwiches

Meal plan prepared by www.superhealthykids.com

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