



## SUPER HEALTHY KIDS MENU

Dec 6-10<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<u>Monday</u>	<a href="#">Mexican Egg and Cheese Quesadilla</a>	<a href="#">Ham and Broccoli Calzone</a>	<a href="#">Peach Applesauce</a>	<a href="#">Caesar Salad Flatbread Pizzas</a>
<u>Tuesday</u>	Oatmeal with blueberries and coconut milk	Peanut Butter and Jelly on Whole wheat with carrots	<a href="#">Honey Roasted Pecans</a>	<a href="#">Kid Cardamon Chicken</a>
<u>Wednesday</u>	<a href="#">Apple Pancakes</a>	<a href="#">Teriyaki Chicken Salad Sandwiches</a>	<a href="#">Dates</a>	<a href="#">Pasta with Spinach and Mushrooms</a>
<u>Thursday</u>	Scrambled eggs and whole wheat toast	Turkey sandwiches with avocado and sprouts	Plain yogurt and berries	<a href="#">Chicken and Savory Dumpling soup</a>
<u>Friday</u>	<a href="#">Pumpkin Banana Smoothies</a>	<a href="#">Wild Rice Salad</a>	Hard boiled Eggs with apple	<a href="#">Chili Casserole</a>

Meal plan prepared by [www.superhealthykids.com](http://www.superhealthykids.com)

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