



SUPER HEALTHY KIDS MENU

Feb 13-17, 2012

	Breakfast	Lunch	Snack	Dinner
<u>Monday</u>	Cereal with Greek yogurt and bananas	Tuna sandwiches on homemade bread with celery and peanut butter	Rice pudding with raisins	Black Bean soup and homemade corn chips
<u>Tuesday</u>	Beet Pancakes (Valentines Pink!)	Pita crisps , cheese, and deli meat sandwiches with veggies and dipped strawberries	Deviled eggs	Lasagna Roll-Ups
<u>Wednesday</u>	Pancakes (homemade pancake mix) with defrosted frozen berries	Southwest Quinoa Rice Pilaf	homemade applesauce with walnuts on the side	homemade pizza with shredded chicken and broccoli
<u>Thursday</u>	Scrambled eggs with whole wheat toast	Leftover pizza. Add crusty roll and fruit	Popcorn	Chicken salad with pecans, cranberries, and creamy orange dressing
<u>Friday</u>	Scrambled eggs and homemade bread	Wheat berry salad with whole wheat rolls	Avocado mango salsa with wonton crisps	White bean chili

[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 also have awesome new meal plans every week with pictures, recipes, nutrition data, how-to videos and shopping list over at [My Super Healthy Meal Plans](#)