



SUPER HEALTHY KIDS MENU

Feb 14th- 18th

	Breakfast	Lunch	Snack	Dinner
Monday	Valentines breakfast: Whole wheat heart pancakes	Quick Quesadilla's	Fruit, Nut and seed bars	Valentines dinner: Enchilada's and Pink Salad
Tuesday	Poached eggs (\$0.10 breakfast)	Baguette Pizza Sandwiches	Apple slices with almond butter	Shepherds Pie
Wednesday	Oatmeal with peaches and low fat milk	Chef's Salad with homemade croutons	Kiwi and cashews	Baked Penne with Spinach and Tomatoes
Thursday	Scrambled eggs with bananas	Chicken and vegetable pita	Pears with cottage cheese	Turkey Burgers with avocado
Friday	Pumpkin Oatmeal	Fruit and rice	Dried cranberries and almonds	Orange juice chicken with sweet onions

Meal plan prepared by www.superhealthykids.com

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