



SUPER HEALTHY KIDS MENU

Feb 21-25th

	Breakfast	Lunch	Snack	Dinner
Monday	Vegetable Omelets on Pita Bread	Hummus and veggie whole wheat wrap	Greek yogurt with berries (mixed and frozen)	Olive Lentil Burgers (Thanks to Kristen for this link!)
Tuesday	Potato and Pumpkin Pancakes	Vegetable Strudel (veggies in filo pastry)	Parmesan and Pesto Toast	Brown rice tart with fresh tomato filling
Wednesday	Puffed Millet Cereal with dried fruit, coconut, and honey	Pita with almond butter, bananas, and honey	Avocado salsa with corn chips	Burritos and Rice (and the Scout Dinner)
Thursday	Nut Muesli (mixture of assorted nuts)	Egg salad sandwich	Celery and peanut butter and raisins	Mushroom risotto fritters
Friday	Scrambled eggs and berries	Peanut butter and strawberries on Ezekiel bread	Crudités with Ranch	Zucchini Fettuccini

Meal plan prepared by www.superhealthykids.com

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