



# SUPER HEALTHY KIDS MENU

Feb 28-March 4<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<u>Monday</u>	Southwestern Omelet (onion, peppers, black beans, guacamole, salsa)	<a href="#">Wild things Turkey Wraps</a> (Super Cute)	Pita Chips with Edamame Hummus (recipe coming!!)	Empanadas (recipe coming!)
<u>Tuesday</u>	<a href="#">Cereal with berries and yogurt</a>	Turkey Sandwich with lettuce and tomato	Cottage cheese with peaches	Chili with vegetables and <a href="#">corn cakes</a>
<u>Wednesday</u>	Cream of Rice Cereal with strawberries	Leftover Chili with tortilla chips	Sliced apples and peanut butter	<a href="#">Creamy Potato Cheese Soup</a>
<u>Thursday</u>	<a href="#">Omelet muffins</a>	Peanut Butter and Honey on whole wheat and cucumber slices	Carrot sticks and ranch	Stir Fry <a href="#">Chicken</a> and Rice
<u>Friday</u>	<a href="#">Orange French Toast</a>	<a href="#">Rice Balls</a> (made from last night) with sliced ham and broccoli	Homemade Larabars <a href="#">From Brit</a> and <a href="#">Emily</a>	<a href="#">Chicken and Broccoli Pie</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>