

Super Healthy Kids Weekly Meal Plan

Feb 6-10, 2012

| | Breakfast | Lunch | Snack | Dinner |
|-----------|--|---|---|--|
| Monday | Raspberry Peach Smoothies | Chicken Noodle Soup | Cucumbers and ranch | BBQ chicken with sweet potato Crescent rolls |
| Tuesday | Strawberry Banana Oatmeal | Layered Pea salad | Apples with peanut butter | Kewl Asian Wraps |
| Wednesday | Orange French Toast | Almond Butter and Jelly on Whole wheat bread | Banana Roll up | Chicken Fettuccini |
| Thursday | Tropical Smoothies (with pineapple and frozen strawberries) | Apple slices with Chicken corn and black bean salad | Orange Treat | Lemon chicken with brown rice and broccoli |
| Friday | Omelets with salsa and cheese. Whole grain toast | Roasted Veggie sandwiches | Cinnamon Apple Wedges | Pork Roast with Rainbow Salad |

For meal plans with all pictures, all meals, 30 days ahead, shopping list, and nutrition data, visit [our meal planning website!](#)