



# SUPER HEALTHY KIDS MENU

Feb 7<sup>th</sup>-11<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Buckwheat Berry Cereal</a>	<a href="#">Pac Man Bento</a>	Oven roasted vegetables	<a href="#">Pasta with Chicken, mushrooms and goat cheese</a>
<b>Tuesday</b>	<a href="#">Beet Pancakes</a>	Whole wheat pita with <a href="#">roasted squash hummus</a> and sprouts	<a href="#">Granola Bars</a>	<a href="#">Mexican Pizza's</a>
<b>Wednesday</b>	Blueberry <a href="#">Waffles</a>	Taco avocado wraps	Berry Salsa with <a href="#">homemade corn chips</a>	Broccoli Soup
<b>Thursday</b>	<a href="#">Oat Bran Applesauce muffins</a>	Veggie Quesadilla's	Carrot Fries dipped in ranch	Orange chicken rice and stir fry vegetables
<b>Friday</b>	<a href="#">Broccoli Egg wrap</a>	<a href="#">Peanut butter pinwheels</a>	<a href="#">Pomegranate orange salsa</a>	<a href="#">Bean Soup</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>