



## SUPER HEALTHY KIDS MENU

Jan 10-14<sup>th</sup> Orange Week!

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<u>Monday</u>	<a href="#">Orange French Toast</a>	<a href="#">Mandarin Chicken Roll-ups</a>	<a href="#">Fruit Kabob's</a>	Mushroom soup fruit salad and <a href="#">sweet potato crescent rolls</a>
<u>Tuesday</u>	Scrambled eggs, whole wheat toast and orange juice	Almond butter and orange marmalade on whole wheat	Baked tortilla chips with citrus salsa	Teriyaki chicken and <a href="#">Broccoli with orange sauce</a>
<u>Wednesday</u>	Blueberry's and cream oatmeal	<a href="#">Chicken corn and black bean salad</a> and apple slices	The " <a href="#">Orange Treat</a> "	<a href="#">Café Rio Sweet Pork Burritos</a>
<u>Thursday</u>	<a href="#">Orange Cranberry Muffins</a>	<a href="#">Orange Ginger Carrot Soup</a>	Tangerines and walnuts	Pork Roast with <a href="#">Rainbow Salad</a>
<u>Friday</u>	<a href="#">Sunrise Smoothie</a>	Orange sesame tossed salad and black bean soup	Graham crackers dipped in orange yogurt	<a href="#">Asian Lettuce Wraps</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>