



SUPER HEALTHY KIDS MENU

Jan 17-21st High Protein, Low sugar!

	Breakfast	Lunch	Snack	Dinner
<u>Monday</u>	Scrambled eggs plus sliced apples (or warm applesauce)	Chicken Noodle soup with carrots, celery, and onions (No school-MLK day)	Whole grain crackers, hummus, and small orange	Chicken Fingers with Spinach salad
<u>Tuesday</u>	Steel cut oats with coconut milk and berries	Whole wheat tortilla with pinto beans, rice, cheese, shredded lettuce, and tomatoes	Cottage cheese and pineapple	Lean Beef strips with broccoli and brown rice
<u>Wednesday</u>	Egg "McMuffin". Whole wheat English muffin with egg and slice of lean ham. Plus banana	Tuna sandwiches with whole wheat English muffin and sprouts plus green salad	Plain Greek yogurt with frozen berries	Packed Pasta From Oxygen Magazine, which I love because I'm a magazine junkie!
<u>Thursday</u>	Cream of wheat with peaches and milk	Whole wheat pita filled with chopped chicken, avocado slices, greens, and tomatoes	String cheese and olives (my kids favorite!)	Vegan Chili with carrots, onions, garlic, and green peppers. Homemade tortilla chips
<u>Friday</u>	High fiber cereal with sliced bananas and plain yogurt	Cold pasta and veggie salad	1 ounce walnuts with 1 ounce raisins	Pork Tenderloin with sweet potatoes and green beans

Meal plan prepared by www.superhealthykids.com

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