



SUPER HEALTHY KIDS MENU

January 2-6th, 2012!

	Breakfast	Lunch	Snack	Dinner
Monday	<u>Breakfast Burritos</u>	Vegetable Antipasto	<u>Carrot Fingers</u>	<u>Chicken Pinwheels with Pasta</u>
Tuesday	Scrambled Eggs with bananas	Sub sandwiches on hoagie rolls with baby carrot sticks	<u>Laughing Cow Cheese</u> on baby carrots	Grilled chicken with <u>orange glazed carrots</u>
Wednesday	Omelet with corn, red peppers, and onions	<u>Carrot slaw</u> with turkey sandwich	Mini veggie quesadillas with shredded carrots	<u>Beet and vegetable soup</u>
Thursday	Raspberry Smoothies	Peanut butter and Jelly on whole wheat with baby carrots	<u>Dried pears</u> and nuts	<u>Homemade Pizza with veggies and goat cheese</u>
Friday	<u>Flax Carrot Apple Muffins</u>	<u>Mexican Veggie Wrap</u>	<u>Carrot Snack Sticks</u>	<u>Fried Rice</u>

For our [ULTIMATE Meal Plan](#), complete with

- Pictures of every meal
- Recipes for every meal
- Shopping List
- Nutrition Data including calories, fat, carbs, protein, and fiber

Check out <http://myhealthymealplans.com/>