



## SUPER HEALTHY KIDS MENU

January 23-27<sup>th</sup> 2011

	Breakfast	Lunch	Snack	Dinner
Monday	Omelet with corn, red peppers, and onions	Cold pasta and veggie salad with strawberries	<a href="#">Baked Apples</a> or homemade applesauce	Burritos with <a href="#">refried beans</a>
Tuesday	<a href="#">Banana Nut Waffles</a>	Pita sandwiches with turkey and sprouts	<a href="#">Avocado Frog Dip</a>	<a href="#">Corn Quesadillas</a>
Wednesday	<a href="#">One Eyed Monsters</a>	Peanut butter and Jelly on whole wheat with sliced bananas and strawberries	Melon balls on skewers	<a href="#">Flaky Pizza Purses and Sheeze</a>
Thursday	Oatmeal with peaches and pecans	Sub sandwiches on hoagie rolls with baby carrot sticks	Apples with peanut butter	<a href="#">Fried Rice</a> AWESOME Meal! So fast and easy
Friday	blueberry <a href="#">Smoothies</a> with <a href="#">whole wheat toast</a>	Chicken salad wraps	Heart Carrots with Ranch dip	<a href="#">Chicken Pinwheels with Pasta</a>

[Super Healthy Kids](#) is a website dedicated to providing you all the tools you need to feed your family **healthier food**, even when you are **in a hurry!**

We have [over 60 meal plans](#) in our archives.

Also, check out [our 30 day meal plan](#) which is our complete menu with everything you need to have a healthy meal on the table tonight!