



SUPER HEALTHY KIDS MENU

Jan 3-7th

	Breakfast	Lunch	Snack	Dinner
<u>Monday</u>	Strawberry banana Oatmeal	Veggie wraps (whole wheat tortilla with avocado and tomato)	Cottage cheese and salsa on whole grain crackers	Chicken salad with celery and onion, over lettuce. Whole wheat rolls
<u>Tuesday</u>	Green Smoothies	Green Salad with hard boiled eggs, carrots, homemade croutons and ranch.	Carrots and broccoli with dip	Creamy Chicken soup with veggies (It's FREEZING HERE!!)
<u>Wednesday</u>	Fruit salad and whole wheat toast	Peanut butter and honey on whole wheat with baby carrots	Fruit salsa with pita crisps	Chili (For Erica)
<u>Thursday</u>	Orange Creamsicle smoothie	Cold Pasta Salad with veggies	Cashews and raisins	Asian Chicken Kabobs
<u>Friday</u>	Oatmeal with coconut milk and blueberries	Turkey sandwich with lettuce and cheese plus sliced peppers	Edamame	Spaghetti squash primavera

Meal plan prepared by www.superhealthykids.com

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