



## SUPER HEALTHY KIDS MENU

January 9-13<sup>th</sup>, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	<a href="#">The Hungry Caterpillar Parfait</a>	Peanut Butter and Jelly with carrots and apple	<a href="#">Baked Apples</a>	Dr. Fuhrman's famous <a href="#">Anti-Cancer Soup</a>
Tuesday	Orange cranberry oatmeal	<a href="#">Corn Chowder</a> with whole wheat roll	<a href="#">Sunrise Fruit Salad</a>	<a href="#">Homestyle Chicken Noodle Soup</a>
Wednesday	Whole wheat toast with <a href="#">nut butter</a> and bananas	English muffin pizzas with shredded carrots	Pears with <a href="#">yogurt dip</a>	<a href="#">Mozzarella and Herb Pasta</a> with steamed broccoli
Thursday	Cream of Wheat	Quesadillas (whole wheat tortillas with laughing cow cheese), carrots, and an apple	Star Pretzels	<a href="#">Un-Fried Chicken</a> with spinach salad (and any berries I can find)
Friday	Scrambled eggs and strawberries	Turkey and cheese on whole wheat bread	Cucumbers and ranch dip	<a href="#">French Pumpkin Soup</a>

Meal plan prepared by [www.superhealthykids.com](http://www.superhealthykids.com)

For a complete meal plan with shopping lists, recipes, and nutrition data, visit our meal planning website at [www.myhealthymealplans.com](http://www.myhealthymealplans.com)