



# SUPER HEALTHY KIDS MENU

July 11-15

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Cereal With Yogurt and fruit</a>	Potato Salad	<a href="#">Popcorn!</a>	Chili
<b>Tuesday</b>	Fruit salad and granola	Veggie wrap	Nut butter on celery	Multi-Bean Soup
<b>Wednesday</b>	Whole wheat toast/honey and oranges	Whole wheat roll with salad	Trail mix with nuts and dried fruit	Burrito's with pureed pinto beans and salsa
<b>Thursday</b>	Oatmeal with raisins and cinnamon	<a href="#">Black beans and rice</a>	Graham crackers with bananas and nut butter	Baked potatoes with Veggie soup.
<b>Friday</b>	Breakfast burrito's	Wrap with lean meat and veggies	Crudités with ranch dip.	Stir fry with brown rice

For a complete 30 Day Meal Plan with shopping list and recipes, visit <http://www.superhealthykids.com/30-Day-Healthy-Meal-Plan.html>