



## SUPER HEALTHY KIDS MENU

July 18-22<sup>nd</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	<a href="#">Irish Oatmeal Brulee</a>	Toasted Hoagies	Blackberries and pistachios	Chicken and mushroom crepes
Tuesday	Apple muffins with Greek yogurt	Greek pizza with feta, olives, spinach, mozzarella	<a href="#">White Bean Blondies</a>	<a href="#">Barbara's Big Juicy Burgers</a> with potatoes and green beans
Wednesday	Granola and Yogurt	Turkey and avocado wrap	Trail Mix	Lemon chicken with grilled vegetables
Thursday	<a href="#">Breakfast Tacos</a>	Peanut butter and Jelly on whole wheat plus corn salad	<a href="#">Apple Pie Parfait</a>	<a href="#">Mexican skillet rice</a>
Friday	<a href="#">Mango banana spinach smoothie</a>	Veggie pita pockets with apple slices	<a href="#">Chocolate Chia No Bake Crispies</a>	Spaghetti and green salad

[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!