

Super Healthy Kids Meal Plan: July 2-6, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Stuffed French Toast with Fresh Apricot Syrup	Grilled PB & J Sandwich <i>Carrot and Celery Sticks</i>	Watermelon Pop Stars	Grilled Chicken Tostadas <i>Cantaloupe</i>
Tuesday	Baked Omelet <i>Orange Juice</i>	Spinach Parmesan Linguine Pasta <i>Apple Slices</i>	Pretzels and Hummus	Spaghetti with Meat Sauce <i>Green Salad</i>
Wed.	Orange Apricot Oatmeal	Fruit and Veggie Firework Pasta Salad	Stars and Stripes Crunchy Cottage Cheese n' Berries	Patriotic Pulled Pork Sandwiches with Strawberry BBQ Sauce <i>Skillet White Beans; Star Spangled Trifle</i>
Thursday	Cantaloupe Banana Smoothie	Pulled Pork Wrap (with leftover pork <i>Watermelon Cubes</i>	Apricot Salsa with Cinnamon Chips	Sweet Potato Gnocchi <i>Herbed Green Beans</i>
Friday	Sweet Potato and Zucchini-Cakes	Red Potato Salad with Pitas	Cantaloupe Slices and String Cheese	Firecracker Grilled Salmon <i>Roasted Broccoli and Rice</i>

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- meal plan with pictures,
- nutrition data for all our recipes,
- shopping list with stock up items,
- plus all the recipes to these meals on one PDF

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