



# SUPER HEALTHY KIDS MENU

July 25-29

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Muffins/</a> and Bananas	Mini Bagel Sandwich with sprouts and cucumbers	<a href="#">String cheese with Olives</a>	<a href="#">Deep Dish Veggie pizza</a>
<b>Tuesday</b>	<a href="#">Smoothies</a>	Shredded vegetable and turkey wrap	Apples with <a href="#">nut butter</a>	Sweet and sour chicken
<b>Wednesday</b>	Eggs with Toast	Pasta Salad with tomatoes and olives	<a href="#">Carrots with Hummus</a>	<a href="#">Chunky chicken potato soup</a>
<b>Thursday</b>	Applesauce with toast	PB & J with apple and carrots	Peaches and walnuts	Garden Pasta
<b>Friday</b>	<a href="#">Oatmeal with strawberries</a>	Veggie Sandwich (lettuce, tomatoes, and onions)	<a href="#">Homemade granola bars</a>	Mushroom Risotto with chicken

For our 30 Day meal plan with shopping list, 120 recipes, and 30 days of meals, visit:  
<http://www.superhealthykids.com/30-Day-Healthy-Meal-Plan.html>