



SUPER HEALTHY KIDS MENU June 11-15

	Breakfast	Lunch	Snack	Dinner
Monday	Egg Pepper Flowers	Sweet Cabbage Apple Salad	Cucumbers and Ranch	Fish and Avocado Tacos
Tuesday	Strawberry Avocado Smoothie	Green salad with cranberries	Raspberry almond parfait	Pecan Crusted Chicken
Wednesday	Whole wheat toast with applesauce .	Waldorf salad and pita bread	Quinoa Granola Bars	Black Bean Chili
Thursday	Carrot Cake pancakes	Veggie pastry pockets	Pita bread with raisin butter	Vegetable Stir Fry over Brown Rice
Friday	Oatmeal with cranberries, nuts, and almond extract.	Egg salad sandwich on whole wheat with grapes	Fruit leather with chopped vegetables.	Café Rio Salads with Shredded Pork

For our ultimate meal plan with 120 meals planned ahead, recipes for every meal, images for every meal plan, nutrition data for all the recipes, and shopping lists for each week, Go to www.myhealthymealplans.com!