



SUPER HEALTHY KIDS MENU

June 13th -17th

	Breakfast	Lunch	Snack	Dinner
Monday	Cheerios and Almonds with a banana	Grilled vegetable Panini's	Coconut Pineapple pops	Sicilian Style Pizza: Olives, Endive, parmesan, fresh tomatoes and mozzarella plus green salad
Tuesday	Pumpkin Waffles	Greek Pasta , sliced apples and string cheese	Mangoes with fruit dip	Grilled Teriyaki Turkey Burgers
Wednesday	Breakfast Pizza	Ranch Style Chicken Pockets (in whole wheat pita rounds)	Twigs in a Blanket	Chicken Soup with Spinach and Orzo
Thursday	Stuffed Berry French Toast	Peanut Butter, Banana and Granola Wraps	Cashews and apricots	Fettuccine vegetable Toss (green onions, tomatoes, carrots, dried tomatoes, and feta)
Friday	Strawberry/blueberry smoothie (with yogurt)	Turkey Subs with marinated peppers	Sugar Free Cinnamon Pecans	Chicken and Pasta with Pesto Dressing

[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!