



## SUPER HEALTHY KIDS MENU June 18-22

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Cherry Kale Smoothie with Whole Wheat Bagels	Sunflower Butter Sandwiches	Fruit and cheese kabobs	Vegetarian Pasta with tomatoes and Watercress
<b>Tuesday</b>	Blueberry Walnut Oatmeal	Turkey Sandwiches and Sunshine Slaw	Cherry Kale Smoothie Sorbet	Pecan Crusted Chicken with greens
<b>Wednesday</b>	Scrambled Eggs with spinach	big Salad and leftover chicken	Cherries and Sunflower Seeds	Sloppy Joes with Homemade fries
<b>Thursday</b>	Grapefruit and whole wheat toast with peanut butter	Cranberry Tuna Wrap	Black Bean hummus and corn chips	Tomato Basil Soup with Rolls
<b>Friday</b>	Poached Egg on Kale and bagel	Leftover Soup	carrots and laughing cow cheese	Cornmeal Crusted White fish Watermelon

Use these meal ideas with your own recipes, or:

login at <http://myhealthymealplans.com> to get our recipes, pictures, nutritional info, shopping list, Sat/Sun meals, as well as success tips for making these meals happen.