



SUPER HEALTHY KIDS MENU

June 20-24^h BABY FOOD Age 9-12 months

	Breakfast	Lunch	Snack	Dinner
Monday	3 TBL Oat Cereal with 3 TBL mashed bananas	3 TBL applesauce, small bits of whole wheat toast	3 TBL rice cereal and 1 TBL plain yogurt	4 TBL pureed carrots
Tuesday	3 TBL Barley cereal and 3 TBL peaches	3 TBL pears and 2 TBL cottage cheese	3 TBL avocado with 3 TBL Barley cereal	4 TBL Pureed green beans
Wednesday	3 TBL Rice Cereal mixed with 3 TBL pears	3 TBL Peaches with 3 TBL Yogurt Cheese	3 TBL Squash, pureed and 2 TBL Mashed black beans	3 TBL Pureed Mixed veggies
Thursday	3 TBL Oat cereal mixed with 3 TBL peaches	3 TBL Pureed green beans	3 TBL Risotto mixed with 3 TBL sweet potatoes	4 TBL banana, peach, strawberry mix
Friday	3 TBL Scrambled eggs (kept soft) 3 TBL Bananas	2 TBL Mashed strawberries	3 TBL Pieces of toast with 3 TBL Applesauce	4 TBL avocado with 1 TBL plain yogurt or cottage cheese

[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!