



SUPER HEALTHY KIDS MENU

June 27-July 1st Vegetarian Week

	Breakfast	Lunch	Snack	Dinner
Monday	lemon cornmeal Pancakes	Open faced sandwich (tomato cilantro, sprouts, cucumbers)	Trail mix (nuts and raisins)	Black Beans and Rice with corn tortillas
Tuesday	Wheat Chex Cereal and strawberries	wrap with hummus mushrooms and spinach	Granola bars and fruit leather	Sloppy Lentils with mashed potatoes
Wednesday	Bananas and toast	Whole wheat wrap with hummus tomato and lettuce	Apples and peanut butter	Mushroom stroganoff with whole wheat fettuccine and green salad
Thursday	Mushroom and pepper Omelets	Veggie dogs on whole grain pita	Guacamole and pita chips	Greek Pizza (artichoke, olives) and watermelon
Friday	Strawberry, spinach, and banana smoothie	Peanut butter and honey sandwich with carrots	bananas and oranges topped with oats and nuts.	Sweet potato vegetable lasagna

[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!