



SUPER HEALTHY KIDS MENU

June 4-8th

	Breakfast	Lunch	Snack	Dinner
Monday	Power Puff Pancakes	Whole wheat wrap with hummus spread and turkey	Applesauce and cashews	Hawaiian Haystacks
Tuesday	Strawberries and milk oatmeal	Cold Pasta salad with tomatoes and olives	Hard boiled eggs and banana	Baked Ziti with ground turkey.
Wednesday	Strawberry smoothies	Whole wheat bagel sandwiches/ celery and peanut butter	Grapes and carrot sticks	5 Minute pasta dinner
Thursday	Scrambled eggs in Pita pocket and applesauce	Peanut Butter and Honey butterfly sandwiches	Cucumbers and Ranch	Chunky Potato Soup
Friday	High Fiber Cereal with blueberries	Pita with sprouts, tomatoes, and mozzarella cheese	Red peppers and hummus	Layered Three Bean Casserole

[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!**

Check out our [meal planning service](#) with recipes, pictures, nutrition data, and more!