



SUPER HEALTHY KIDS MENU

June 6th -10th Summer meals!

	Breakfast	Lunch	Snack	Dinner
Monday	Power Gold Smoothie	Garden Lovers Turkey sandwich with baby carrots	Strawberry Goat Cheese bruschetta. (looks good!)	BBQ Chicken with black bean and corn salad plus baked potatoes
Tuesday	Breakfast burritos (with salsa)	Egg salad in whole wheat pita. Apple slices and celery	Orange yogurt parfait	Lettuce Wraps
Wednesday	Yogurt and granola with bananas	Healthy Macaroni and Cheese with watermelon	PB&J Truffles	Tortilla Soup
Thursday	Oven baked Orange French toast	Asian Chicken Slaw	Sliced watermelon plus walnuts	Portobello Cheeseburgers with sweet potato fries and green beans
Friday	Whole grain cereal (Chex) with fruit yogurt mixed in.	Baked potatoes with green salad	Apple wedges with peanut butter	Grilled Pork, red potatoes, and cucumber tomato salad

[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!