



SUPER HEALTHY KIDS MENU
March 26-30

	Breakfast	Lunch	Snack	Dinner
Monday	Stuffed Berry French Toast	Turkey Wraps and apple slices	Guacamole dip with baked tortillas	Taco Soup
Tuesday	Scrambled eggs and green peppers and mushrooms	Taco Salad (from leftover taco soup stuff)	Soft pretzels and hummus	Honey glazed salmon Brown rice Green beans
Wednesday	Egg sandwich with strawberries	Turkey Pita	Homemade applesauce	Grilled chicken with asparagus
Thursday	Oats with apples and cinnamon	Ham and cheese bagel sandwich	Sugar snap peas	Minestrone Soup
Friday	Apple smoothie	Peanut butter pinwheels	String cheese and carrot strips	White chicken chili

For complete meal plans, with 30 days worth of meals, pictures, recipes, and nutrition data, check out our meal planning service at myhealthymealplans.com!