



SUPER HEALTHY KIDS MENU

March 14th -18th

	Breakfast	Lunch	Snack	Dinner
Monday	Apple Crepes	Antipasto sandwich with artichoke hearts, arugula, provolone, olives	Pistachios and dried apricots	Lemon chicken , ginger orange glazed carrots and Baked potato
Tuesday	Scrambled eggs with spinach and mushrooms/ whole wheat toast	Chicken Strawberry salad (with leftover lemon chicken)	Veggie/ Parmesan cheese crackers	Oven Roasted Tuscan style chicken with fingerling potatoes and broccoli
Wednesday	Granola with apples, pears and cinnamon (pear crisp)	Greek style pork and veggie pita pockets	Apple salsa with corn chips	Skewered Chicken, avocado, bell peppers, cheese, mango
Thursday (St. Patricks Day!)	Rainbow Toast with bananas	Spinach and apple salad	Whole Wheat carrot muffins	Mushroom quiche
Friday	French Toast with berries	Red potato salad with eggs and celery	mango wraps (tortilla and mango)	Key lime grilled chicken with green beans

Meal plan prepared by www.superhealthykids.com

For our 30 day meal plan, visit <http://blog.superhealthykids.com/30-day-meal-plan>