



SUPER HEALTHY KIDS MENU

March 7th-11th

	Breakfast	Lunch	Snack	Dinner
Monday	French Toast and fruit salad	Tuna Fish salad with vegetables in a pita pocket	Frozen * Chobani yogurt with extra berries	Fettuccine with Vegetables and prosciutto (BH&G)
Tuesday	Fluffy scrambled eggs with whole wheat toast and banana	Peanut butter and jelly sandwiches on whole wheat with carrots	Homemade wheat thins and Edamame hummus	Feta cheese and Spinach Pasta
Wednesday	German "Man cakes" with strawberries	Ham and cheese on whole wheat with green salad	Carrot fries and ranch	BBQ chicken with Fennel orange salad (Taste of Home)
Thursday	Cereal with fruit on top	Almond butter and homemade jam	Apples and peanut butter	Crustless Veggie Quiche
Friday	Vegetable Frittata	Peas and Cheese pizza	Figs and almonds	Fish Sticks with green salad

Meal plan prepared by www.superhealthykids.com

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