



SUPER HEALTHY KIDS MENU

May 16-20th

	Breakfast	Lunch	Snack	Dinner
Monday	Omelet with corn, red peppers, and onions	Cold pasta and veggie salad with strawberries	Baked Apples or homemade applesauce	Risotto Primavera and Grilled Chicken
Tuesday	Smoothies and whole wheat English Muffins	Pita sandwiches with turkey and sprouts	Avocado Frog Dip	Corn Quesadillas
Wednesday	One Eyed Monsters	Peanut butter and Jelly on whole wheat with sliced bananas and strawberries	Trail Mix	Chicken and Peas with Egg Noodles
Thursday	Oatmeal with peaches and pecans	Sub sandwiches on hoagie rolls with baby carrot sticks	Popcorn	Homemade Pizza with veggies and goat cheese
Friday	Carrot Cake Pancakes	Quesadilla slices with salsa for dipping	Carrots with Ranch dip	Chicken Pinwheels with Pasta

[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!