



## SUPER HEALTHY KIDS MENU

May 2-6<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	<a href="#">Oatmeal bar</a>	<a href="#">Sweet cabbage apple</a> salad with whole wheat pita	Hard boiled egg and Rye Crackers	<a href="#">Salad Bar</a>
Tuesday	<a href="#">Poached egg</a> on whole wheat toast	Whole wheat pita with almond butter and bananas with cucumbers	Cottage cheese and fruit add-ins of choice	Tilapia with lemon juice, baked potatoes, and broccoli
Wednesday	<a href="#">Coconut berry oatmeal</a>	Tuna /celery and sprout sandwiches on whole wheat pitas	Veggie sticks of choice with Laughing cow cheese	<a href="#">Chicken Taco salad bar</a> (use leftover for Thurs. lunch idea)
Thursday	Scrambled eggs with mushrooms, onions and other veggies of choice on whole wheat toast	<a href="#">Taco "Kit" Fun idea from Feed Our Families</a>	Variety of fruit with yogurt	Cinco De Mayo! <a href="#">Chicken Fajitas</a>
Friday	Various cereals (crispy rice, Chex, Cherrios etc. with fruit and yogurt	<a href="#">Macaroni and cheese</a> with carrots	Pistachios and Strawberries (strawberries are on sale this week!!)	<a href="#">Baked Potato Bar</a>

[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.

We also have [our 30 day meal plan](#) which is complete with everything you need to have a healthy meal on the table tonight!