



SUPER HEALTHY KIDS MENU

May 30-June 3rd

	Breakfast	Lunch	Snack	Dinner
Monday	Cooked oatmeal with raspberries, almond slivers, and coconut	Chicken Caesar wrap (romaine, chicken, and parmesan cheese)	Kiwi and soy nuts	Roasted Chicken and Vegetables
Tuesday	Sunflower pancakes with bananas and chocolate chips	Pita pizzas (marinara, spinach, and mozzarella)	Peach cobbler granola	Vegetable pot pies
Wednesday	Turkey and egg white wrap	Tuna Sandwiches on whole wheat plus carrots	Hummus and baby carrots	One Pot Pasta Primavera
Thursday	Egg sandwich with a banana	Easy Cheesy Tomato sandwiches	Vanilla frozen yogurt with blackberries	Black Bean Taco Salad
Friday	High fiber cereal topped with yogurt and berries	PB Fruit Roll-Up	Trail mix: Soy nuts, raisins, and sunflower seeds	White chicken Chili

[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!