



## SUPER HEALTHY KIDS MENU

May 7-11

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal with raisins and cinnamon	Ham rolled in whole wheat tortilla with <a href="#">Baja coleslaw</a>	Carrots and Laughing Cow Cheese	Baked Ziti with Ground turkey
Tuesday	Whole Wheat toast with omelet	Peanut butter and Jelly Sandwich with carrots	Apples and Peanut Butter	<a href="#">Chicken Enchilada Casserole</a>
Wednesday	Whole Wheat pancakes with strawberries and yogurt	Wild Rice with leftover chicken and sliced apples	Celery, carrots and hummus	<a href="#">Burritos (to take to the ball game)</a>
Thursday	Breakfast Burrito	<a href="#">alfalfa sushi sandwiches</a>	Banana Butterflies	<a href="#">Butternut Squash Gratin</a>
Friday	Egg sandwiches with strawberries	Turkey Sandwich on dinner rolls with lettuce and tomatoes	String Cheese and Rye Crackers	Asian Beef Noodle Salad

[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!**

Check out our [meal planning service](#) with recipes, pictures, nutrition data, and more!