



SUPER HEALTHY KIDS MENU

May 9-13th

	Breakfast	Lunch	Snack	Dinner
Monday	Scrambled eggs with mushrooms and strawberry oatmeal	Peanut butter and jelly on whole wheat, granola bar, apples, and carrots	Celery and Peanut butter	Spinach Lasagna
Tuesday	Soft boiled eggs with Oats (1 tsp. brown sugar and cinnamon)	Chicken salad on whole wheat rolls	RyKrisp Crackers and hummus	Rice and bean burritos (Fast for baseball night!!)
Wednesday	Cheerios with yogurt and berries , plus whole wheat toast	Chicken salad in whole wheat pita with sprouts	Olives and string cheese	Grilled Tilapia with asparagus and potatoes
Thursday	Granola with yogurt and berries (Parfait)	Peanut butter and jelly on wrap with orange and celery sticks	Apples and Oranges	Sub Sandwiches (to take to the ball park)
Friday	Breakfast burritos (salsa, cheese, and whole wheat tortillas)	Ham and cheese sandwich on whole wheat with apple and carrots.	Kiwi and walnuts	Broccoli and chicken pot pie

[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!