



SUPER HEALTHY KIDS MENU

Nov 1-5

	Breakfast	Lunch	Snack	Dinner
Monday	Baby Bear's Big Breakfast Oatmeal with bananas and milk	Princess Pesto Pasta	Traffic lights (red, yellow, and green peppers stuffed with polenta and cheese)	Chicken, corn and Pineapple Pizza (no associated recipe, just chicken, corn and pineapple pizza :))
Tuesday	Oat and Apple muffins (with whole wheat flour substitute)	Macaroni Mountain	Iced Mango Yogurt	Popeye pork with roasted potatoes
Wednesday	Cinnamon raisin French toast (regular French toast with cinnamon raisin bread)	Easy Peasy Lasanga (Lasanga with peas)	Fruit kebabs	Baby Vegetable and chicken stir fry
Thursday	Peanut butter and banana muffins	Shark Soup (shape parsnips to look like shark jaws and float them on top of soup)	Pink Tubby Custard	Yogurt Chicken Fingers (minus the butter) with chef's salad
Friday	Pomegranate and blueberry smoothies	Star Sandwiches (cookie cutter) with melon	Pineapple Sundaes (crushed pineapple sprinkled with granola)	Tasty Taco's

Meal plan prepared by www.superhealthykids.com

For our 30 day meal plan, visit <http://blog.superhealthykids.com/30-day-meal-plan>