

## MONDAY

Breakfast:

[Apple Cinnamon Baked Oatmeal](#)

Lunch:

[Pesto Panini with carrot sticks](#)

Snack:

[Snack Mix By Kimberly](#)

Dinner:

[Crock Pot Mexican Lasagna](#)

## TUESDAY

Breakfast: [Banilla Berry Smoothie](#)

Lunch: [Baked Mac and Cheese with Veggies](#)

Snack: [Cottage Cheese and Berries](#)

Dinner: [Spaghetti Squash with corn, beans, chicken, and tomatoes.](#)

## WEDNESDAY

Breakfast: [Omelet in a bag! \(fun for the kids\)](#)

Lunch: [Chicken whole wheat wrap with cream cheese and vegetables](#)

Snack: [Graham crackers with fruit and yogurt](#)

Dinner: [Open Face Pulled Pork Sandwich with Spicy Coleslaw \(minus the spicy\)](#)

## THURSDAY

Breakfast: [Healthy Carrot Muffins](#)

Lunch: [Healthy Grilled Cheese sandwich with leftover coleslaw](#)

Snack: [Carrots-celery and ranch](#)

Dinner: [Lasagna with spinach and Triple Berry Slaw](#)

## FRIDAY

Breakfast: [Vegetable omelets on pita bread](#)

Lunch: [Egg Salad on](#) Whole wheat with leftover Berry slaw

Snack: [Bananas and Peanut butter on tortilla](#)

Dinner: [Potato Crusted Quiche](#)

WEEK OF: Nov 14-18<sup>th</sup> 2011

# MEAL PLANNER

[WWW.SUPERHEALTHYKIDS.COM](http://WWW.SUPERHEALTHYKIDS.COM)

FOR OUR 30 DAY MEAL PLAN, SHOPPING LIST AND RECIPES, VISIT  
OUR [MEAL PLANNING PAGE](#)

