



SUPER HEALTHY KIDS MENU

Nov 15-19 Green Living, Low cooking Week

	Breakfast	Lunch	Snack	Dinner
Monday	Cheerios with yogurt and berries	Peanut butter and banana sandwich on whole wheat	Almonds and Raisins	Asian Chicken Slaw
Tuesday	Fruit salad with toast	Bagel sandwich with avocado, tomatoes, and ham	Applesauce	Chicken French Bread Pizza
Wednesday	Granola cereal with yogurt and bananas	Whole wheat roll and green salad with ranch dressing	Guacamole with pita crisps	Tex Mex Chicken Pasta Salad
Thursday	Cherry apple Smoothie	Turkey cranberry sandwich on whole wheat wrap	Vegetable platter with dip	Chicken Tacos
Friday	Rainbow Toast with bananas	Almond butter and all fruit spread on whole wheat bread	Sunflower seeds and dried mangoes	Green salad with Rotisserie chicken and blackberry dressing

Cook one or several rotisserie chickens at the beginning of the week, and use it for all the dinners to limit your time in the kitchen, and reduce your carbon footprint!

Meal plan prepared by www.superhealthykids.com

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