

MONDAY

Breakfast: Egg on w.wheat English muffin w/tomato, and fruit salad

Lunch: Portobello Stuffed mushroom with whole grain bun. Carrots and apple

Snack: Dried apricots and yogurt

Dinner: Crispy Pistachio Chicken, green salad, ww rolls, and yogurt.

TUESDAY

Breakfast: Pumpkin raisin pancakes with plain yogurt on top

Lunch: Almond butter and honey on whole wheat pita with carrots, apple, and milk.

Snack: Dates and almonds

Dinner: Coconut Chicken Tenders, green beans, and brown rice.

WEDNESDAY

Breakfast: Oatmeal with blackberries cooked in milk plus orange juice

Lunch: Tuna sandwich on rye with celery and lettuce. Peach on the side

Snack: Hummus and whole wheat crackers

Dinner: Chocolate Chili with turkey breast and veggies, corn chips and light sour cream

THURSDAY

Breakfast: Cold Cereal (we like Cheerios) topped with yogurt and bananas

Lunch: THANKSGIVING MEAL

Snack:

Dinner:

FRIDAY

Breakfast: French toast (made with whole wheat bread) topped with yogurt and strawberries

Lunch: Turkey wrap with cranberries and avocados, with a cutie and milk.

Snack:

Vegetables and dip

Dinner: Bean and cheese enchiladas with veggies and whole wheat tortilla.

WEEK OF: Nov 21st-25th 2011 MyPlate Meal Plan

MEAL PLANNER

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

