



SUPER HEALTHY KIDS MENU

Nov 22-26 Thanksgiving Week

	Breakfast	Lunch	Snack	Dinner
<u>Monday</u>	Pumpkin Waffles	Mexican Veggie Wrap	Bruschetta	Chicken Adobo with Quinoa
<u>Tuesday</u>	Power Puff Pancakes	Cold Pasta salad with vegetables	Dried pears and nuts	Taco Salad
<u>Wednesday</u>	Blueberry Oatmeal	Berry Slaw with pita sandwiches	Laughing Cow Cheese on baby carrots	Beet and vegetable soup
<u>Thursday</u>	Raspberry Smoothies	THANNKS GIVING MENU:	Crudités	<ul style="list-style-type: none">• Turkey• Potatoes• Stuffing• Green Salad• Pumpkin Pie
<u>Friday</u>	Scrambled Eggs with bananas	Turkey Sandwiches on whole wheat	yogurt and pomegranate seeds (Idea from Angie)	Turkey Soup

Meal plan prepared by www.superhealthykids.com

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