



SUPER HEALTHY KIDS MENU

Nov 29- Dec 3rd

	Breakfast	Lunch	Snack	Dinner
<u>Monday</u>	Fruit bowl with flaxseeds, yogurt and granola	Whole wheat pita with turkey, veggies and cheese	Cottage cheese on crackers with salsa	BBQ Chicken with Cole slaw
<u>Tuesday</u>	Wheat Chex with berries and yogurt	Whole wheat mini bagel with low fat cheese, tomato and avocado slices	Hard boiled egg and banana	Chicken broccoli and brown rice bowties
<u>Wednesday</u>	Poached egg on whole grain bagel	Almond Butter and honey on whole wheat with apple	carrots and broccoli with Homemade ranch	Black Bean Chili with brown rice and vegetables
<u>Thursday</u>	Pumpkin Oatmeal	Peanut butter and banana on whole wheat with carrot sticks	Berries and nuts (I buy frozen and thaw)	Tofu Burritos with bell peppers
<u>Friday</u>	Toast and bananas	Mini whole wheat bagel with turkey and avocado	Apples with peanut butter	Chicken and rice soup

Meal plan prepared by www.superhealthykids.com

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