



SUPER HEALTHY KIDS MENU

Nov 8-12 Slow cooker Week!

	Breakfast	Lunch	Snack	Dinner
Monday	Cranberry Raisin Steel Cut oats	Almond butter and strawberry jelly on whole wheat with carrots	Crock Pot Yogurt with berries	Slow Cooker tortilla Soup
Tuesday	6 Grain Crockpot Breakfast with berries on the side	Lettuce, tomato and turkey on whole wheat bagel	Olives and string cheese	Slow Cooker Beef and Onion with Blueberry Salad
Wednesday	Egg and Broccoli Casserole	Sprouts, avocado, leftover beef in pita	Trails End Popcorn!! (new product review)	Apricot Chicken with green beans
Thursday	Breakfast Cobbler	Peanut Butter and Nutella on Whole wheat bread with apples	Hard Boiled Eggs and Celery	Honey Lemon chicken with potatoes
Friday	Italian Breakfast Burrito with bananas	Almond butter, raisins and banana on whole wheat pita	Applesauce	Potato Soup (adding carrots)

Meal plan prepared by www.superhealthykids.com

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