



SUPER HEALTHY KIDS MENU

Miserly Meals for Oct 10-14 (Apple Week)

	Breakfast	Lunch	Snack	Dinner
Monday	Apple and cinnamon oatmeal	Almond butter and apple pinwheels	Trail mix	Buttons and bows pasta
Tuesday	Scrambled eggs and fruit salad	Turkey and cheese on whole wheat rolls	Applesauce	Tomato Soup
Wednesday	Apple pancakes	Peanut butter and jam on whole wheat bread with carrots	Cinnamon Apple Smacks	Hawaiian huli huli chicken
Thursday	Apple Pie French Toast	Cold Pasta and veggie salad	Apples and peanut butter	Baked Eggrolls
Friday	Apple Smoothies	Turkey and avocado sandwich	Apple Pie Parfait	Chicken fingers and blueberry-green salad

[Super Healthy Kids](#) is a website dedicated to providing you all the tools you need to feed your family **healthier food**, even when you are **in a hurry!**

We have [over 60 meal plans](#) in our archives.

We also have [our 30 day meal plan](#) which is complete with everything you need to have a healthy meal on the table tonight!