



## SUPER HEALTHY KIDS MENU

Oct 11-15<sup>th</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	<a href="#">Power Gold Smoothie</a>	Vegetable Antipasto	<a href="#">Carrot Fingers</a>	Pork medallions with roasted carrot puree
Tuesday	<a href="#">Carrot Muffins</a>	<a href="#">Moroccan style carrot salad</a>	<a href="#">Carrots and cheese</a>	Grilled chicken with <a href="#">orange glazed carrots</a>
Wednesday	<a href="#">Carrot Ginger smoothie</a>	<a href="#">Carrot slaw</a> with turkey sandwich	Mini veggie quesadillas with shredded carrots	<a href="#">Creamy carrot and mint soup</a>
Thursday	<a href="#">Pineapple carrot muffins</a>	Peanut butter and Jelly on whole wheat with baby carrots	<a href="#">Energy Balls</a> (Shredded carrots in these).. half way down the page	Chicken and carrot stew
Friday	<a href="#">Flax Carrot Apple Muffins</a>	Pita stuffed with shredded carrots and ham	<a href="#">Carrot Snack Sticks</a>	<a href="#">Lettuce Wraps</a>

Meal plan prepared by [www.superhealthykids.com](http://www.superhealthykids.com)