



# SUPER HEALTHY KIDS MENU

FAVORITE FALL RECIPES Oct 18-22nd

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	<a href="#">Pumpkin Muffins</a> (A Life Less Sweet)	<a href="#">Lunchables</a> (Sweet Peas and Pumpkins)	<a href="#">Halloween Spice Pumpkin Seeds</a> (Burnt Apple)	<a href="#">Crockpot Beef Stew</a> (FiTori)
<b>Tuesday</b>	<a href="#">Chocolate Pumpkin Halloween Pancakes</a> (Family Fresh Cooking)	<a href="#">Cream of Mushroom Soup</a> (Food with Kid Appeal)	<a href="#">Little Monsters Homemade Granola Bars</a> (Cook, Play, Explore)	<a href="#">Grilled Veggie Tostada</a> with Fresh Salsa (Danielle Omar)
<b>Wednesday</b>	<a href="#">Orange Cranberry Wheat Germ Muffins</a> (Meal Makeover Mom's)	<a href="#">Chicken Tortilla Soup</a> (Healthy Mom's Kitchen)	Poached <a href="#">Pears</a> (Nell Stephenson)	<a href="#">Chili (another recipe)</a> (Green Lite Bites)
<b>Thursday</b>	<a href="#">Sweet Potato Oatmeal</a> (Dani Spies)	<a href="#">Spaghetti Squash</a> (Ways 2 Go Healthy)	<a href="#">Applesauce</a> (Today I ate A Rainbow)	<a href="#">Salmon Topped with Veggies</a> (Raise Healthy Eaters)
<b>Friday</b>	<a href="#">Peanut Apple Scones</a> (The Mommy Bowl)	<a href="#">Roasted Butternut Squash Pizza</a> (Two Peas and Their Pod)	<a href="#">No Cook Chocolate Chia Crispies</a> (Avocados and Almonds)	<a href="#">Mexican Rice Casserole</a> (Trainer Momma)

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