

SUPER HEALTHY KIDS MENU

October 24-28

| | Breakfast | Lunch | Snack | Dinner |
|------------------|--|---|---|--|
| Monday | Chocolate Pumpkin Halloween Pancakes | Berry Slaw with pita sandwiches | Yogurt and pomegranate seeds | Tacos and Mexican Rice |
| Tuesday | Oatmeal with pumpkin puree and cinnamon | Sweet potato risotto | Pumpkin Hummus on sourdough | Multi- Bean Soup |
| Wednesday | Fruit salad and granola | Easy Snack Wraps | Cottage cheese and apples | Skillet Rosemary Chicken |
| Thursday | Peaches and cream oatmeal | Potato Salad and whole wheat rolls with carrots | Graham crackers with bananas and nut butter | Raspberry chicken salad with grilled peaches |
| Friday | Whole Wheat Pumpkin Muffins | Jamie Oliver's " Basic Pizza " | carrots and white bean hummus | Crockpot Lemon and Herb chicken, 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!