



SUPER HEALTHY KIDS MENU

Oct 25-29th

	Breakfast	Lunch	Snack	Dinner
Monday	Multi Grain Hot Cereal with berries	Peanut Butter and Jelly with carrots and apple	Baked Apples	Dr. Fuhrman's famous Anti-Cancer Soup
Tuesday	Orange cranberry oatmeal	Corn Chowder with whole wheat roll	Olives and string cheese	Homestyle Chicken Noodle Soup
Wednesday	creamy Blueberry and peaches oatmeal	Turkey and avocado on whole wheat wrap	Pears with yogurt dip	White Bean chicken chili (recipe later this week)
Thursday	Cream of Wheat	Creamy Squash Soup (we tried it first here)	Popcorn	Lion House Zucchini Soup (recipe this week)
Friday	Cinnamon apple oatmeal	Turkey and cheese on whole wheat bread	Crunchy Zucchini Sticks , (for more Veggie Snack Ideas Click Here)	French Pumpkin Soup

Meal plan prepared by www.superhealthykids.com