



## SUPER HEALTHY KIDS MENU

15 minute, 5 ingredients or less, dinners! Sep 19-23<sup>rd</sup>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Coconut berry oatmeal	Peanut butter and jelly on whole wheat with carrot sticks and cucumbers	String cheese plus orange	<a href="#">Edamame and Steak stir fry</a>
<b>Tuesday</b>	Peach and yogurt smoothies with whole wheat toast	Whole wheat wrap with lettuce, sprouts, tomatoes, and cheese	Almonds and dried cranberries	<a href="#">Spinach, tomato, and Fresh Mozzarella pasta salad</a> (with added shredded chicken)
<b>Wednesday</b>	Omelets with bananas and toast	Almond butter and honey on whole wheat rolls with red peppers	Rice cake with hummus	<a href="#">Fresh-Mex Pork</a> with salsa and avocados
<b>Thursday</b>	Cereal with yogurt and thawed berries	Ham and cheese on whole wheat with celery and apples	Graham crackers and hard boiled egg	<a href="#">Mushroom stroganoff (made light)</a>
<b>Friday</b>	Yogurt and cottage cheese with peaches	Veggie quesadillas plus applesauce	Frozen fruit popsicle	<a href="#">Pan Grilled pork chops with grilled pineapple salsa</a>

[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.

Also, check out [our 30 day meal plan](#) which is our complete menu with everything you need to have a healthy meal on the table tonight!