



SUPER HEALTHY KIDS MENU

Sept 19th -24th

	Breakfast	Lunch	Snack	Dinner
Monday	Omelets (Baked Omelet)	Hot Dogs (I'm mortified.. This is better: Homemade hot dogs)	String Cheese	Pizza (Whole wheat artichoke and red pepper pizza)
Tuesday	Toast (Cream Cheese and sliced strawberries)	Macaroni and cheese Macaroni with peas and carrots	Granola Bars	Angel Hair pasta with parmesan cheese (Whole wheat linguini with parmesan, broccoli and mushrooms)
Wednesday	Pancakes (Lemon cottage cheese pancakes with poppyseeds! Wow, don't these sound yummy!)	Chicken Nuggets (Chick-pea nuggets)	Apples and yogurt dip	Sloppy Joes (Sloppy Lentils on whole wheat buns)
Thursday	Waffles (Multi-Grain Waffles)	Ham and cheese sandwich (Turkey wrap)	Fruit Roll Ups (fruit rollups)	Teriyaki chicken and rice (Approved)
Friday	Candy Green Smoothies ... just to spite the smart alleck)	Peanut Butter and Jelly (Peanut butter and whole fruit jam on whole wheat english muffin)	Chips and dip (fruit salsa with pita crisps)	Taco's (Taco Salad bar)

This meal plan was written by my kids (in purple) and changed by me to make the meals healthier!!