

SUPER HEALTHY KIDS MENU

Sept 27th- Oct 1st

	Breakfast	Lunch	Snack	Dinner
Monday	Omelet Muffins	Fruit and Turkey Kebobs	Trail Mix	Poached chicken breast w/peaches and green beans**
Tuesday	Peach Smoothie	Chicken Caesar wrap	Banana and almond butter	Portobello Mushroom Ragu**
Wednesday	Avocado spread on fried eggs (surprisingly good!)	Chicken on focaccia with tomato and mozzarella	cottage cheese with berries	Homemade Fish Sticks
Thursday	PB&J Smoothie	Black Bean Tostadas**	Kashi protein cereal with Greek yogurt	Spanish Rice with pork and zucchini
Friday	Egg sandwiches	Italian sandwiches (mozzarella, tomatoes, mushrooms)	Hardboiled egg with sliced apples	Chicken Penne with green beans

**Starred recipes are from magazines and cookbooks I own. Email me for recipes.

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www.superhealthy.com