



SUPER HEALTHY KIDS MENU

Sept. 5-9th.. Slow Cooker Week

	Breakfast	Lunch	Snack	Dinner
Monday	Mango peach smoothies with coconut milk.	Vegetable Antipasto	Honey Hummus with pita chips	New Mexican Green Chile Pork Stew
Tuesday	Waffles with peach syrup	Spaghetti Squash	Applesauce	Zesty Chicken and Rice Supper
Wednesday	Slow-cooker Oatmeal	Lunchables	Mini veggie quesadillas with shredded carrots	Vegetarian dish: Artichoke and Tomato Paella
Thursday	Grain free peanut apple scones	Baked potatoes with vegetables	String Cheese and almonds	Café Rio pork salads
Friday	Peach and yogurt crepes	Peanut Butter and banana Sandwiches	Frozen bananas	Slow Cooker Turkey Lasagna

[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!