

Super Healthy Kids Weekly Meal Plan

Oct 22-26, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Scrambled Eggs, Whole Wheat Toast and Orange Slices	Pretzel Kabobs, Mandarin Oranges, and Edamame	Sliced Peaches and Almonds	Mini Chicken Pot Pies with Sliced Pears
Tuesday	Skillet Potatoes with Peppers and Onions	Bread Shapes with Hard Boiled Egg, peppers and Kiwi	Grapes and String Cheese	Veggie and Rice Burrito
Wednesday	Cinnamon Almond Oatmeal	Leftover Veggie and Rice Burrito	Banana Nut Energy Bars	Tortellini with Marinara and Normandy Vegetables
Thursday	Frosty Peach Smoothie	Chicken Ranch Wrap	Apple Slices with Laughing Cow Cheese	Crockpot Sweet and Spicy Pumpkin with Rolls and Roasted Veggies
Friday	Quinoa Pumpkin Pancakes	String Cheese, Crackers, Broccoli and Applesauce	Celery and Peanut Butter	Baked Spaghetti Pie and Green Salad

Enjoy our meal plans with your own recipes, or join our meal planning site to get a printable of the

- meal plan with pictures,
- nutrition data for all our recipes,
- shopping list with stock up items,
- 7 full days of meals
- plus all the recipes to these meals for print.

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