

Super Healthy Kids Halloween Meal Plan!

October 29-Nov 2, 2012

| | Breakfast | Lunch | Snack | Dinner |
|----------------------------|--------------------------------------|--|---------------------------|---------------------------------------|
| Monday | One Eyed Monsters with Orange Slices | Hummus Snakes and Spinach Spider Wraps | Monster Eyes | Witches Brew Stew |
| Tuesday | Ogre's Oats | Frankenstein's Triple Decker Delight | Carrot Pumpkins in Dirt | Broomsticks and Brains |
| Wednesday HALLOWEEN | Chocolate Pumpkin Pancakes | Monster Sammies & Franken-kiwi | String Fingers and Celery | Chicken Chili in Pumpkins |
| Thursday | Skeleton Slushies | Pizza Mummies | Pumpkin Party Mix | Black Rice and Sweet Potatoes Tilapia |
| Friday | Toast with Apple Slices and Yogurt | Peanut Butter Banana Dogs | Dried apples and almonds | Hot Sandwiches |

Enjoy our meal plans with your own recipes, or join today to get our

- meal plan with pictures,
- nutrition data for all our recipes,
- shopping list with stock up items,
- 30 days of meals
- plus all the recipes to these meals on one PDF
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