

## Super Healthy Kids Weekly Meal Plan

November 12-16, 2012

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Hawaiian Breakfast Wrap	California Club Pasta	Fall Fruit Salad	Corn Chowder ad Whole Wheat Rolls
<b>Tuesday</b>	Strawberry Banana Breakfast Smoothie	Black Bean Wraps	Avocado and Pita	Broccoli and Cheese Calzones
<b>Wednesday</b>	Sunrise Pizza	PB&J on Whole Wheat Rolls	Cucumber and Yogurt Dip	Chicken Fajitas
<b>Thursday</b>	Morning Muesli with Cranberries and Pecans	Tuna Salad Sprouts	Crudités Tray with Ranch	Winter Fried Rice
<b>Friday</b>	Peach Parfait	Sante Fe Turkey Sandwich	Hawaiian Tuna Bites	Leftovers

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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