

Super Healthy Kids Meal Plan

March 18-22

	Breakfast	Lunch	Snack	Dinner
Monday	Freezeable French Toast Sticks	Raisin Bread Sandwiches	3 Ingredient Ice Cream	Porcupine Meatballs with zucchini
Tuesday	Almond Butter toast	Microwave Macaroni	Parmesan Baked Tomatoes	Foot Long Pizza
Wednesday	Overnight Maple-Almond Oats	Grilled Chicken Wrap	Cucumber Sandwiches	Vegetarian Lasagna
Thursday	Banana Rama Smoothie	Naan and Hummus Sandwich	Carrot and Pepper Sticks	Asian Beef Skewers
Friday	Whole Grain Cereal	Deviled Eggs	Blueberry Applesauce	Salmon Cakes with Mixed Greens

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