

Super Healthy Kids Meal Plan

Aug 26-30

	Breakfast	Lunch	Snack	Dinner
Monday	Fruited Parfait	Alfalfa Lunch	Olive Cheese Toast	Chickpea Orzo
Tuesday	Egg Chicks	Bowtie Salad	Dippin Strawberries	Turkey In Lettuce Cups
Wednesday	Basic French Toast	PB & Raspberry Box	Snappy Snack	Steak with Garlic Sauce
Thursday	Apple Smoothie	Steak Stuffed Pita	Peanutty Fruit Grahams	Baked Tilapia
Friday	Easy-Peasy Cereal Morning	Lunchtime Kabobs	Bird Seed	Fiesta Friday

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- This shopping list to make these meals
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