

# Super Healthy Kids Valentines

## Meal Plan March 10-16



	Breakfast	Lunch	Snack	Dinner
Monday	Cereal & Milk with Yogurt and Kiwi	PB & J Banana Dogs	Move over Mangoes	Lazy Lentils
Tuesday	Bread Huggin Eggs (Hole in Toast)	Chickpea Pasta Salad	Roasted Asparagus with Hollandaise	Roasted Chicken and Veggies
Wednesday	Key Lime Oatmeal	Sammy's Salad	Rainbow Fruits and Veggies	Champions Chicken Chili
Thursday	Berry Bumpkin Smoothie	Chicken Salad Pockets	Dairy Dalmations	Baby Bop Burger Bar
Friday	Monkey Business Banana and cereal	Quesadilla Roll Ups	Apples with Yogurt Dip	Tarragon Penne

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- This shopping list to make these meals
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