




Super Healthy Kids

Meal Plan June 30-July 4

	Breakfast	Lunch	Snack	Dinner
Monday	Molten Lava French Toast	Tomato- Herb Pasta	Raw Veggies and Dip	Kids Love Quinoa Salad
Tuesday	Star in the Hole Eggs	Olive Lunch Kabobs	Minted Fruit Salad	Brown Rice Bowl
Wednesday	Oatmeal Berry Bar	Summer Barley Salad	PB Crackers	Whole Chicken Roast
Thursday	Strawberry Kale Smoothie	Chicken Salad Wrap	Blueberry Quinoa	Beef and Noodles
Friday 	Overnight Swiss Oatmeal	Whole Grain Peanut Butter Apple Sandwich	Cucumbers and Carrots	Beachside Salmon

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- This shopping list to make these meals
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