

Super Healthy Kids Meal Plan

Aug 25-29

	Breakfast	Lunch	Snack	Dinner
Monday	Easy-Peasy Cereal Dish	Panini-Panini	Green Hummus and Veggies	Black Bean Tostada
Tuesday	Quiche Cakes	Kids Pasta Lunch	Olive Cheese Toast	Crunchy Baked Chicken
Wednesday	Tropical Oats	Just Peachy Salad	Sweet Celery Crunch	Beef Fajitas
Thursday	Apple Smoothie and Toast	Lunchbox Pizza	Greek Yogurt and Veggies	Slow Cooked Pork
Friday	Apple Jax Breakfast Parfait	5 Ingredient Pasta Salad	Fruity Salad Snack	Fish Bake

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- This shopping list to make these meals
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