

Super Healthy Kids Weekly Meal Plan

Oct 8-12, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Scrambled eggs with diced peppers and potatoes	Ham, cheese, and mushroom wrap with kiwi	Popcorn Trail Mix	Ratatouille
Tuesday	French Toast Sandwiches with bananas	Shredded Veggie Pizza Sandwich	Peanuts and Peaches	Fall Vegetable Lasagna with Green Salad
Wednesday	Peachy Green Smoothie with Whole Wheat Toast	Turkey Spinach Rollup	Fruit Sticks	Chicken Kabobs with Dipping Sauce
Thursday	Pumpkin Bread and OJ	Peanut Butter and Honey Sandwiches with Oranges and Carrots	Cucumbers and Cheese	Leftovers
Friday	Coconut Cranberry Oatmeal	Pumpkin Bread Sandwiches with Applesauce and Celery	Yogurt with Sliced Grapes	Chicken Bean and Quinoa Salad

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- meal plan with pictures,
- nutrition data for all our recipes,
- shopping list with stock up items,
- 30 days of meals
- plus all the recipes to these meals on one PDF

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