

healthy food for kids

Nutritional information every parent needs to know to provide a healthy diet for their child



	Breakfast	Lunch	Snack	Dinner
Monday	French toast made with Ezekial bread	Sprouts, avocado, leftover beef in pita	Warm Fresh Applesauce with cinnamon	Stir fry with chicken and veggies, and brown rice
Tuesday	6 Grain Crockpot Breakfast with berries on the side	Vegetable Pita sandwiches	Graham crackers with peanut butter and bananas	Cauliflower Crust Pizza
Wednesday	Fruit salad and whole wheat toast	Almond butter, raisins and banana on whole wheat pita	Winter Fruit Compote	Angel hair, vegetables and chicken
Thursday	Oats with Peaches/ cinnamon and milk	Almond butter and fruit spread on whole wheat	Granola Bars and apples	Creamy Chicken soup with veggies
Friday	Italian Breakfast Burrito with bananas	Lettuce, tomato and turkey on whole wheat bagel	Hard Boiled Eggs and Celery	Apricot Chicken with green beans

