

2018 JANUARY- JUNE

Cook For Kids Meal Rotation Grid

	SUN	MON	TUES	WEDS	THURS	FRI	SAT
LUNCH	Protein: Beef Veggie: Legumes Fruit: Your Choice	Protein: Turkey Veggie: Red or Orange Fruit: Your Choice	Protein: Chicken or Fish Veggie: Starchy Fruit: Your Choice	Protein: Beef Veggie: Dark Green Fruit: Your Choice	Protein: Chicken Veggie: Red or Orange Fruit: Your Choice	Protein: Turkey Veggie: Legumes Fruit: Your Choice	Protein: Pork Veggie: Starchy Fruit: Your Choice
DINNER	Protein: Fish or Chicken Veggie: Red/Orange Fruit: Your Choice	Protein: Beef Veggie: Starchy Fruit: Your Choice	Protein: Pork Veggie: Dark Green Fruit: Your Choice	Protein: Turkey Veggie: Red or Orange Fruit: Your Choice	Protein: Egg or Bean or Cheese Veggie: Legumes Fruit: Your Choice	Protein: Beef Veggie: Starchy Fruit: Your Choice	Protein: Chicken Veggie: Dark Green Fruit: Your Choice

2018 JULY- DECEMBER

Cook For Kids Meal Rotation Grid

	SUN	MON	TUES	WEDS	THURS	FRI	SAT
LUNCH	Protein: Turkey Veggie: Red or Orange Fruit: Your Choice	Protein: Pork Veggie: Legumes Fruit: Your Choice	Protein: Beef Veggie: Dark Green Fruit: Your Choice	Protein: Turkey Veggie: Starchy Fruit: Your Choice	Protein: Fish or Chicken Veggie: Dark Green Fruit: Your Choice	Protein: Beef Veggie: Red or Orange Fruit: Your Choice	Protein: Chicken or Fish Veggie: Dark Green Fruit: Your Choice
DINNER	Protein: Beef Veggie: Starchy Fruit: Your Choice	Protein: Turkey Veggie: Dark Green Fruit: Your Choice	Protein: Chicken Veggie: Starchy Fruit: Your Choice	Protein: Egg or Bean or Cheese Veggie: Legumes Fruit: Your Choice	Protein: Beef Veggie: Starchy Fruit: Your Choice	Protein: Fish or Chicken Veggie: Dark Green Fruit: Your Choice	Protein: Pork Veggie: Legumes Fruit: Your Choice

Protein Entree Examples:

Beef: Chili, spaghetti and meatballs (**not pre-made**), beef stew, beef stroganoff, beef tacos, stir fry.

Chicken or Turkey: BBQ chicken, fried chicken, boneless chicken breast, chicken pot pie, chicken soup with sandwiches, stir fry, chicken hot dish. (**No Pre-made chicken nuggets**)

Turkey: Sliced roast turkey and stovetop stuffing, turkey sandwiches, turkey hot dish, stir-fry.

Fish (must be a boneless fish): Fried fish, tuna fish, baked fish, tuna melt, tuna hotdish. (**No fish sticks**)

Pork: BBQ pork sandwiches, ham, pork sausage (spaghetti/lasagna), pork loin.

Cheese or Eggs or Beans: Quiche, omelets, grilled cheese sandwiches and soup, scrambled eggs, egg bake, vegetarian baked beans, lentil, or split pea soup, cheese burritos, enchiladas.

Veggie Examples:

Red/Orange: Peppers, squash, carrots, tomatoes, sweet potato

Dark Green: Broccoli, Cabbage, collard greens, Romaine lettuce, kale, spinach

Legumes: Green beans, black beans, black-eyed peas, chickpeas, edamame, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, white beans

Starch: Potatoes, rice, corn, green bananas, green peas, lima beans, jicama, potatoes.