

2020 JANUARY- JUNE

Cook For Kids Meal Rotation Grid

Breakfast menu should include: a protein, grain, fruit and milk

	SUN	MON	TUES	WEDS	THURS	FRI	SAT	
LUNCH	Protein: Turkey Veggie: Dark Green Fruit: Your Choice Milk	Protein: Chicken Veggie: Red/ Orange Fruit: Your Choice Milk	Protein: Beef Veggie: Starchy Fruit: Your Choice Milk	Protein: Turkey Veggie: Legumes Fruit: Your Choice Milk	Protein: Chicken Veggie: Dark Green Fruit: Your Choice Milk	Protein: Vegetarian Veggie: Starchy Fruit: Your Choice Milk	Protein: Beef Veggie: Starchy Fruit: Your Choice Milk	Protein: Chicken Veggie: Dark Green Fruit: Your Choice Milk
DINNER	Protein: Beef Veggie: Starchy Fruit: Your Choice Milk	Protein: Turkey Veggie: Starchy Fruit: Your Choice Milk	Protein: Vegetarian Veggie: Red/ Orange Fruit: Your Choice Milk	Protein: Chicken Veggie: Dark Green Fruit: Your Choice Milk	Protein: Beef Veggie: Legumes Fruit: Your Choice Milk	Protein: Turkey Veggie: Red/ Orange Fruit: Your Choice Milk	Protein: Chicken Veggie: Dark Green Fruit: Your Choice Milk	Protein: Chicken Veggie: Dark Green Fruit: Your Choice Milk

2020 JULY- DECEMBER

Cook For Kids Meal Rotation Grid

	SUN	MON	TUES	WEDS	THURS	FRI	SAT	
LUNCH	Protein: Chicken Veggie: Starchy Fruit: Your Choice Milk	Protein: Beef Veggie: Legumes Fruit: Your Choice Milk	Protein: Turkey Veggie: Dark Green Fruit: Your Choice Milk	Protein: Vegetarian Veggie: Starchy Fruit: Your Choice Milk	Protein: Turkey Veggie: Red/ Orange Fruit: Your Choice Milk	Protein: Chicken Veggie: Dark Green Fruit: Your Choice Milk	Protein: Beef Veggie: Dark Green Fruit: Your Choice Milk	Protein: Turkey Veggie: Red/ Orange Fruit: Your Choice Milk
DINNER	Protein: Turkey Veggie: Legume Fruit: Your Choice Milk	Protein: Vegetarian Veggie: Dark Green Fruit: Your Choice Milk	Protein: Chicken Veggie: Starchy Fruit: Your Choice Milk	Protein: Beef Veggie: Red/ orange Fruit: Your Choice Milk	Protein: Chicken Veggie: Dark Green Fruit: Your Choice Milk	Protein: Vegetarian Veggie: Red/ Orange Fruit: Your Choice Milk	Protein: Beef Veggie: Starchy Fruit: Your Choice Milk	Protein: Beef Veggie: Starchy Fruit: Your Choice Milk

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.

Vegetarian: Veggie or beanburgers, bean and rice burritos or enchiladas, bean and vegetable soups, grilled cheese sandwiches, rice and beans, or tofu.

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.