

July/August/September

Cook For Kids

Meal Rotation Grid

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
BREAKFAST	Protein Fruit Grain Milk	Protein Fruit Grain Milk	Protein Fruit Grain Milk	Protein Fruit Grain Milk	Protein Fruit Grain Milk	Protein Fruit Grain Milk	Protein Fruit Grain Milk
LUNCH	Vegetarian Yellow/ Orange Vegetable Fruit Grain Milk	Beef Starchy Vegetable Fruit Grain Milk	Chicken Dark Green Vegetable Fruit Grain Milk	Vegetarian Legumes Fruit Grain milk	Turkey Yellow/ Orange Vegetable Fruit Grain Milk	Beef Starchy Vegetable Fruit Grain Milk	Chicken Dark Green Vegetable Fruit Grain Milk
DINNER	Chicken Legumes Fruit Grain Milk	Turkey Yellow/ Orange Vegetable Fruit Grain Milk	Beef Starchy Vegetable Fruit Grain Milk	Chicken Dark Green Vegetable Fruit Grain Milk	Vegetarian Starchy Vegetable Fruit Grain Milk	Turkey Yellow/ Orange Vegetable Fruit Grain Milk	Beef Starchy Vegetable Fruit Grain Milk

Snack Ideas:

Fresh Fruit, Cheese Sticks and Crackers
 Yogurt, Fruit, and Teddy Grahams
 Mini Bagels with Cream Cheese
 Mini Bagel Pizza Bites
 Quesadillas
 Apple Sauce and Graham Crackers
 Veggie Pizzas
 Mini Sandwiches (turkey, chicken etc.)
 Crackers, Cheese, Deli Meats
 Deviled Eggs
 Fruit, Chex Mix, and Cheese

WowButter – this is a non-nut butter that is a safe thing to serve in place of peanut butter

