

# January - February - March

2023

Meal Grid Rotation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Protein Fruit Grain	Protein Fruit Grain	Protein Fruit Grain	Protein Fruit Grain	Protein Fruit Grain	Protein Fruit Grain	Protein Fruit Grain
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Vegetable Fruit Grain	Vegetarian Vegetable Fruit Grain	Beef Vegetable Fruit Grain	Chicken Vegetable Fruit Grain	Vegetarian Vegetable Fruit Grain	Turkey Vegetable Fruit Grain	Beef Vegetable Fruit Grain
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Turkey Vegetable Fruit Grain	Beef Vegetable Fruit Grain	Chicken Vegetable Fruit Grain	Vegetarian Vegetable Fruit Grain	Turkey Vegetable Fruit Grain	Beef Vegetable Fruit Grain	Chicken Vegetable Fruit Grain

## **Snack Ideas:**

Fresh Fruit, Cheese Sticks & Crackers  
 Yogurt, Fruit & Teddy Grahams  
 Mini Bagels & Toppings  
 Mini Bagel Pizzas  
 Quesadillas  
 Apple Sauce & Graham Crackers  
 Veggies & Ranch  
 Mini Fruit or Veggie Pizza  
 Small Sandwiches  
 Crackers, Meat & Cheese  
 Lunchables  
 Fruit & Chex Mix

**WowButter is a safer alternative to Peanut**

**Butter**

