

ONE-WEEK MENU

MENU FOR THE WEEK OF: _____

Include foods from at least three groups at each meal.

Breakfast	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Fruit							
Grain							
Protein							
Dairy							
Lunch	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Fruit							
Grain							
Protein							
Dairy							
Dinner	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Fruit							
Grain							
Protein							
Dairy							
Snack	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetable							
Fruit							
Grain							
Protein							
Dairy							