

Week of _____

Meal Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Whole Grain Product/Protein					
	fruit/Vegetable					
	Milk or Water served.					
Lunch	Whole Grain Product					
	fruit/Vegetable					
	Protein					
	Milk or Water served.					
PM	Whole Grain Product/Protein					
	fruit/Vegetable					
	Milk or Water served					

SNACKS: *offer vegetables or fruit at each snack. Add a protein, a whole grain or both *Serve snacks with water or milk to drink.

LUNCH: *1/2 of the meal as vegetables and fruits *1/4 of the meal as protein foods *1/4 of the meal as whole grain foods *offer water or milk to drink

Updated February 2023