



Meal Planning Worksheet

Week of _____

BREAKFAST					
BREAKFAST GROUPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain/Bread					
Fruit/ Vegetable					
Milk					
LUNCH					
LUNCH GROUPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain/Bread					
Meat/Meat Alternate					
Fruit/ Vegetable					
Fruit/ Vegetable					
Milk					
SNACK					
SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>CHOOSE 2</u> • Grain Bread • Meat/Meat Alternate • Fruit/Vegetable • Milk					
Water					