

# MEAL PLANNING

(circle one) Day of the Week:    Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday

	Bread/Grain/Side	Main Course	Dairy	Fruit(s)	Drink	Other
<b>BREAKFAST</b>						
	Bread/Grain/Side	Main Course	Vegetable(s)	Fruit(s)	Drink	Dessert
<b>LUNCH</b>						
	Soup/Salad/Bread Grain or Side	Main Course	Vegetable(s)	Fruit(s)	Drink	Dessert
<b>DINNER</b>						