

# THIS WEEK'S MENU

Week of: \_\_\_\_\_



	Servings	Fruit	Vegetables	Protein	Grains	Dairy
MON	Breakfast _____					
	Lunch _____					
	Dinner _____					
TUE	Breakfast _____					
	Lunch _____					
	Dinner _____					
WED	Breakfast _____					
	Lunch _____					
	Dinner _____					
THU	Breakfast _____					
	Lunch _____					
	Dinner _____					
FRI	Breakfast _____					
	Lunch _____					
	Dinner _____					
SAT	Breakfast _____					
	Lunch _____					
	Dinner _____					
SUN	Breakfast _____					
	Lunch _____					
	Dinner _____					