

Menu Planning Template

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast:</u> Grain Fruit <u>or</u> Veggie Dairy					
<u>Snack:</u> 2 foods from 2 food groups					
<u>Lunch:</u> Grain Meat/Alt Fruit <u>and</u> Veggie Dairy					
<u>Snack:</u> 2 foods from 2 food groups (min: 1 dairy or meat/alt)					

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Healthy Communities & Assessment

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