



## One Day Menu Planner

Menu	Menu Checklist
<b>Breakfast</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetables
	<input type="checkbox"/> <input type="checkbox"/> Fruits
<b>Lunch</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains
	<input type="checkbox"/> <input type="checkbox"/> Meats/Meat Alternatives
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk
<b>Dinner</b>	<p style="text-align: center;"><b>Helpful Hints</b></p> <p>1. Check a box for the food group for each food served. Do not count condiments, spreads or garnishes. For a balanced menu, each box should be checked. Including more fruits and vegetables is fine.</p>
<b>Snacks</b>	<p>2. If a mixed dish, such as chicken stir fry, contains vegetables. The vegetables must be listed in order to count them. If only small amounts of several vegetables are used, list together as "vegetables." Chicken stir fry with broccoli and other vegetables, (check 2 vegetables boxes)</p>