



# Weekly Menu Planning



Planning out a menu for the day and week can help you determine your family's eating habits. Write in your meals and then check to see that you've met the daily serving requirements.

	Breakfast	Lunch	Dinner	Snack
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

### DID YOU REMEMBER...?

- 2-4 servings of FRUIT per day
- 3-5 servings of VEGETABLES per day
- 6+ servings of GRAINS per day
- 2-4 servings of DAIRY per day
- 1-2 servings of MEAT per day

### WHAT IS A SERVING?

- 1 medium-size fruit, 1/2 cup of chopped, cooked, frozen or canned fruit, 1/2 cup of 100% juice
- 1 cup of raw leafy vegetables, 1/2 cup of cooked or other vegetables
- 1 slice of bread, 1/2 of a bagel or English muffin, 1 oz. of ready-to-eat cereal, 1/2 cup of cooked cereal, rice or pasta
- 1 cup of milk or yogurt, 1 1/2 oz. of cheese
- 2 to 3 oz. of cooked lean meat, chicken/turkey or fish, 1/2 cup of cooked dry beans, 2 tablespoons of peanut butter