



PRACTICES

Template Calendar for Menu Planning

Use this template for snack and meal planning. Include a vegetable or fruit with each snack paired with a serving from one of the other three food groups. Include all four food groups for meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK Vegetable/Fruit:	SNACK Vegetable/Fruit:	SNACK Vegetable/Fruit:	SNACK Vegetable/Fruit:	SNACK Vegetable/Fruit:
Food #2:	Food #2:	Food #2:	Food #2:	Food #2:
Beverage: Water	Beverage: Water	Beverage: Water	Beverage: Water	Beverage: Water
MEAL Veg/Fruit:	MEAL Veg/Fruit:	MEAL Veg/Fruit:	MEAL Veg/Fruit:	MEAL Veg/Fruit:
Grain product:	Grain product:	Grain product:	Grain product:	Grain product:
Milk and alternatives:	Milk and alternatives:	Milk and alternatives:	Milk and alternatives:	Milk and alternatives:
Meat and alternatives:	Meat and alternatives:	Meat and alternatives:	Meat and alternatives:	Meat and alternatives:
Beverage:	Beverage:	Beverage:	Beverage:	Beverage:
SNACK Vegetable/fruit:	SNACK Vegetable/fruit:	SNACK Vegetable/fruit:	SNACK Vegetable/fruit:	SNACK Vegetable/fruit:
Food #2:	Food #2:	Food #2:	Food #2:	Food #2:
Beverage: Water	Beverage: Water	Beverage: Water	Beverage: Water	Beverage: Water

Suggestions: Write a list of ingredients in each box for easy referral.