



Meal Planner

Week Of: _____

Meal Pattern Minimum Amounts	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Bread or Grain Fruit or Veggie Milk					
AM SNACK Choose from 2 Groups					
LUNCH Bread or Grain "Meat" Vegetable Fruit or Veggie Milk					
PM SNACK Choose from 2 Groups					



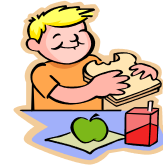
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SNACK					
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LUNCH					
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