Week

1 WHAT I WANT TO USE	2 WHAT WE WILL BE EATING Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	•
	Saturday	
	Sunday	
	LEFTOVERS ARE GREAT FOR LUNCHES!	
Grains Meat and alternatives Milk and alternatives	Balanced plate Make sure every meal is balanced. Check the food groups included in the planned meal and round out your menu as	



NEED MORE SPACE? USE THE BACK OF THIS PAGE!











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