

Day One	Serving Size	Grain	Vegetables	Fruit	Protein	Dairy	SoFAs
Breakfast:							
French Toast Dunkers	6 sticks (whole wheat)	2.00					
Eggs	1/2 egg				0.50		
Raspberries	1/2c			0.50			
Strawberries	1/4c			0.25			
Bacon, Sausage, or ham	2oz				2.00		
Lunch:							
Grilled Cheese Sandwich							
Bread	2 slices (wheat or white)	2.00					
Cheese	2 slices					1.00	
Tomatoe Soup	8oz		1.00				
Green beans	1/2c		0.50				
Brownie	1oz	1.00					
Snack:							
Yogurt	1c					1.00	
Apples, Grapes, or Banana	1c			1.00			
Dinner:							
Chicken Breast	3oz				3.00		
Cheese	1 slice					0.50	
Potatoe	1/2c		0.50				
Broccoli or Carrots	1/2c		0.50				
Cheesecake							X
Blueberry topping	1/4c			0.25			
Total Servings:		5.00	2.50	2.00	5.50	2.50	
Day Two							
Serving Size							
Grain							
Vegetables							
Fruit							
Protein							
Dairy							
SoFAs							
Breakfast:							
Cold Cereal	1c	1.00					

Milk (1%)	1/2c					0.50	
Orange	1 orange			1.00			
Eggs	2 eggs				2.00		
Lunch:							
Hamburger							
Hamburger Bun	1 Bun	2.00					
Ground Beef Patty	2oz				2.00		
Cheese	1 slice					0.50	
Lettuce, Tomatoe, Onion	1/4c		0.25				
Ketchup, Mustard							X
French Fries, Tater Tots, Mashed Potatoes	1c		1.00				
Watermelon Slices	1c			1.00			
Chocolate, Vanilla, or Strawberry Shake	1c					1.00	
Snack:							
Carrots, Broccoli, Cauliflower, or Peas	1c		1.00				
Dinner:							
Macroni & Cheese							
Noodles	1c	1.00					
Cheese	1/4c					0.25	
Chicken or Hot Dog	2oz				2.00		
Grapes, Apple	1/2c			0.50			
Rice Krispie Treat	1oz	1.00					
Total Servings:			5.00	2.25	2.50	6.00	2.25
Day Three							
	Serving Size	Grain	Vegetables	Fruit	Protein	Dairy	SoFAs
Breakfast:							
Buttermilk Pancakes	2 pancakes	2.00					
Butter & Syrup							X
Scrambled Eggs	2 eggs				2.00		

Blueberries, Blackberries, Raspberries, & Strawberries	1c			1.00			
Lunch:							
Two Soft or Hard Tacos:							
Taco Shell	2 shells	2.00					
Ground Beef	2oz				2.00		
Cheese	1oz					1.00	
Lettuce	1/2c		0.25				
Tomatoes	1/4c		0.25				
Corn	1/2c		0.50				
Pudding	1c					1.00	
Snack:							
Fruit Kabob							
Pineapple	1/4c			0.25			
Cantaloupe	1/4c			0.25			
Honeydew	1/4c			0.25			
Banana	1/4c			0.25			
Dinner:							
Sphaghetti	1/2c cooked	1.00					
Meatballs	2oz				2.00		
Tomatoe Sauce	1/2c		0.50				
Peas	1/2c		0.50				
Carrots	1/2c		0.50				
Cupcake	1 cupcake	1.00					
Total Servings			6.00	2.50	2.00	6.00	2.00
Day Four							
Breakfast:		Serving Size	Grain	Vegetables	Fruit	Protein	Dairy
Yogurt	1c					1.00	
Granola	1/2c	1.00					

Berries	1/2c			0.50			
Sausage or Bacon	1oz				1.00		
Lunch:							
Turkey Sandwich							
Whole Wheat Break	2 slices	2.00					
Deli Turkey	2oz				2.00		
Colby Jack Cheese	2 slices					1.00	
Lettucs & Tomatoe	1/4c		0.25				
Apple or Grapes	1c			1.00			
Lemon Bar	1 bar	1.00					
Snack:							
Celery or Cucumbers	1c		1.00				
Peanut Butter	1 TBS				1.00		
Ranch							X
Dinner:							
Chicken Tenders	2oz				2.00		
Tater Tots or French Fries	1c		1.00				
Carrots or Celery	1/2c		0.50				
Apple or Applesauce	1c			1.00			
Chocolate Chip Cookie	1 cookie	1.00					
Total Servings:			5.00	2.75	2.50	6.00	2.00
Day Five							
	Serving Size	Grain	Vegetables	Fruit	Protein	Dairy	SoFAs
Breakfast:							
Egg McMuffin							
Egg	1 egg				1.00		
English Muffin	1 Muffin	1.00					
Cheese	1 slice					0.50	
Ham	1oz				1.00		

Hashbrowns or Potato Wedges	1c		1.00					
Watermelon, Cataloupe, or Honeydew	1c			1.00				
Lunch:								
Person Pan Pizza:								
Crust	1oz	1.00						
Cheese	2/3c					2.00		
Meat (Pepperoni, Ham, or Sausage)	1oz				1.00			
Pineapple	1/4c			0.25				
Peppers, Onions, Olives	1/2c		0.50					
Carrot Sticks	1/2c		0.50					
Snickerdoodle Cookie	1 cookie	1.00						
Snack:								
Apple Slices	1c			1.00				
Dipping Sauce (Carmel, Peanut Butter, or Chocolate)	1/4c						X	
Dinner:								
Chicken Noodle Soup								
Chicken	2oz				2.00			
Noodles	1oz	1.00						
Carrots, Celery, Potatoes	1/2c		0.50					
White or Wheat Roll	1 roll	1.00						
Cherry Pie	1 slice	1.00						
Cherries	1/4c			0.25				
Whipped Cream or Vanilla Ice Cream	1/2c					0.50		
Serving Totals:			6.00	2.50	2.50	5.00	3.00	
Day Six:								
Breakfast:		Serving Size	Grain	Vegetables	Fruit	Protein	Dairy	SoFAs
Crepes								
	2 Crepes	2.00						
Berries								
	1/2c			0.50				

Whipped Cream	1/2c					0.50	
Bacon or Sausage	2oz				2.00		
Lunch:							
Hot Dog (with bun) or Corn Dog	1oz protein, 1oz grain	1.00			1.00		
Potatoe Salad							
Potatoe	1/2c		0.50				
Grape Tomatoes	1/8c		0.12				
Carrots	1/8c		0.12				
Broccoli	1/8c		0.12				
Olives	1/8c		0.12				
Chips	1oz	1.00					
Chocolate or Vanilla Ice Cream	1c					1.00	
Snack:							
Peaches or Pears	1c			1.00			
Dinner:							
Garden Lazagna							
Noodles	1oz	1.00					
Zucchini	1/4c		0.25				
Carrot	1/4c		0.25				
Onions	1/4c		0.25				
Cheese	1/3c					1.00	
Cottage Cheese	1/2c					0.25	
Ground Beef	2oz				2.00		
Green Beans	1/2c		0.50				
Garlic Bread	1 Slice	1.00					
Fruit Tart							
Fruit Topping (Kiwi,Banana, Mandarin Oranges)	1/4c			0.25			
Cream Cheese Icing	1TBS						X
Cookie Crust	.5oz	0.50					
Serving Totals:			6.50	2.25	1.75	5.00	2.75

Milk is given as a beverage option for each meal. One 8oz cup of milk would be a serving size and would add one more serving of dairy.

My Plate Recommendations	Grains	Vegetables	Fruit	Protein	Dairy		
	5-6 oz	2-2.5c	1.5	5oz	3		