Menu Planning: Is your menu a “10”?

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Menu Planning
Is your menu a “10”? 

Your ideas for a low-cost menu:

Breakfast
______________________________________________________
______________________________________________________
______________________________________________________

Lunch
______________________________________________________
______________________________________________________
______________________________________________________

Dinner
______________________________________________________
______________________________________________________
______________________________________________________

Snacks
______________________________________________________

Extras
______________________________________________________
Rate Your Menu

Does each daily menu include:

Vegetables and Fruits Groups
- At least five choices from the Vegetables and Fruits groups? (1 point)
- A good source of vitamin C? (1 point)
- A good source of vitamin A? (1 point)
- A serving of raw fruits or vegetables? (0.5 point)

Grains Group
- Are at least half of the grains choices whole grains? (1 point)
- Do the grains choices provide variety? (0.5 point)

Milk Group
- Does the daily menu provide at least 2 cups of milk for children between 2 and 8 years old? (1 point)
- Does the daily menu provide at least 3 cups of milk for adults? (1 point)

Meat Group
- Does the daily menu provide at least two portions from the Meat group? (1 point)

Snacks
- Does the daily menu provide nutritious snacks? (1 point)

Variety
- Does the daily menu provide a variety of flavors, colors, textures, and preparation methods? (1 point)

Review Your Menus
Look back at the menu you planned. Is your menu a “10”? 

Sample menu pattern Sample menu

Breakfast
- Fruit or juice (source of vitamin C) melon
- Cereal or meat/meat substitute ready-to-eat cereal
- Bread whole wheat toast
- Beverage skim milk

Lunch
- Meat/meat substitute ham and cheese
- Vegetable(s) or fruit(s) carrot and celery sticks
- Bread 2 slices whole wheat sandwich bread
- Beverage skim milk
- Dessert (if desired)* fresh fruit

Dinner
- Meat/meat substitute baked chicken
- Vegetable(s) or fruit(s) broccoli
- Salad tossed salad
- Bread/bread substitute 2 rolls
- Dessert (if desired) pudding
- Beverage skim milk

Snacks
Choose foods from the basic food groups orange popcorn

* When deciding whether to include a dessert, consider the number of discretionary calories in your MyPyramid eating plan.

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