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”?

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Sample menu pattern | Sample menu
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**Breakfast**<br>Fruit or juice (source of vitamin C) | melon<br>Cereal or meat/meat substitute | ready-to-eat cereal<br>Bread | whole wheat toast<br>Beverage | skim milk
**Lunch**<br>Meat/meat substitute | ham and cheese<br>Vegetable(s) or fruit(s) | carrot and celery sticks<br>Bread | 2 slices whole wheat sandwich bread<br>Beverage | skim milk<br>Dessert (if desired)* | fresh fruit
**Dinner**<br>Meat/meat substitute | baked chicken<br>Vegetable(s) or fruit(s) | broccoli<br>Salad | tossed salad<br>Bread/bread substitute | 2 rolls<br>Dessert (if desired) | pudding<br>Beverage | skim milk
**Snacks**<br>Choose foods from the basic food groups | orange<br> | popcorn

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

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Revised by Kathy Daly-Koziel, former EFNEP Coordinator
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