

# Menu Planner

□ **Breakfast:** at least 3 food groups, one of which is a vegetable or fruit

□ **Snack:** at least 2 food groups, one of which is a vegetable or fruit

□ **Vegetable & Fruit Snack:** 1 food group (vegetables and fruit)

□ **Lunch:** at least 3 food groups, one of which is a vegetable or fruit

## Grocery List

Store: \_\_\_\_\_

Store: \_\_\_\_\_

Vegetable & Fruit:

Vegetable & Fruit:

Grain Products:

Grain Products:

Milk and Alternatives:

Milk and Alternatives:

Meat and Alternatives:

Meat and Alternatives:

Other:

Other:

## Meals/Snacks This Week

Monday

Tuesday

Wednesday

Thursday

Friday



Child Nutrition  
Council of Manitoba

Every Child...Every Day...**Well-nourished** | [www.childnutritioncouncil.com](http://www.childnutritioncouncil.com)