

Cooking  
 Instructor  
 Approval \_\_\_\_\_

# MENU PLANNER



PATROL/GRUBMASTER:				DATE:		
	Bread/Grain	Vegetable	Fruit	Milk/Yogurt/Cheese	Meat/Protein	Fat/Oil/Sweet
<b>BREAKFAST</b>						
	Bread/Grain	Vegetable	Fruit	Milk/Yogurt/Cheese	Meat/Protein	Fat/Oil/Sweet
<b>LUNCH</b>						
	Bread/Grain	Vegetable	Fruit	Milk/Yogurt/Cheese	Meat/Protein	Fat/Oil/Sweet
<b>DINNER</b>						
	Bread/Grain	Vegetable	Fruit	Milk/Yogurt/Cheese	Meat/Protein	Fat/Oil/Sweet
<b>BREAKFAST</b>						

**Bread/Cereal/Rice/Pasta (6 oz)**  
       
 (1 slice bread, ½ hamburger bun, 1 cup cereal, ½ cup rice/pasta is 1 oz)

**Vegetables (2 ½ cups)**  
      
 (dark green, orange, starchy, beans/peas)

**Fruit (2 cups)**  
     
 (1/2 cup is a medium fresh fruit, 4oz of cocktail/applesauce, 100% juice – only once)

**Milk (2-3 cups)**  
    
 (1 cup milk = 1 cup yogurt = 1 ½ oz cheese)

**Meat/Protein (5 oz)**  
      
 (hamburger patty is 4oz; 1 egg or 1 Tablespoon of Peanut Butter is 1 oz)

**Fat/Oil (Sparingly)**

Utensils Needed:

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Notes:

