

	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8-oz Milk/Dairy					
1 cup grains/2oz bread					
1oz protein					
1 cup Fruit					
	Lunch	Lunch	Lunch	Lunch	Lunch
8oz Milk/Dairy					
1 cup grains/2oz bread					
2oz protein					
1/2 cup Fruit					
1/2 cup Vegetable					
1/2 cup Vegetable					
	Dinner	Dinner	Dinner	Dinner	Dinner
8-oz Milk/Dairy					
1 cup grains/2oz bread					
3oz protein					
1/2 cup Fruit					
1/2 cup Vegetable					
1/2 cup Vegetable					
Juice: 6-8oz daily	Juice: 6-8oz daily	Juice: 6-8oz daily	Juice: 6-8oz daily	Juice: 6-8oz daily	Juice: 6-8oz daily

<b>Breakfast</b>	<b>Breakfast</b>
<b>Lunch</b>	<b>Lunch</b>
<b>Dinner</b>	<b>Dinner</b>
Juice: 6-8oz daily	Juice: 6-8oz daily