

RD#	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	DAILY FOOD GUIDE: (Check each day's menu for the following food groups)
ND #								
<b>Morning</b>								
Fruit or juice Protein-rich food and/or cereal Toast or hot bread Beverage	4 oz- 100% Orange Juice ¾ cup Cereal 8 oz – 1% Milk	4 oz- 100% Apple Juice ¾ cup Cereal 8 oz – 1% Milk	4 oz- 100% Orange Juice ¾ cup Cereal 8 oz – 1% Milk	4 oz- 100% Apple Juice ¾ cup Cereal 8 oz – 1% Milk	4 oz- 100% Orange Juice ¾ cup Cereal 8 oz – 1% Milk	4 oz- 100% Apple Juice ¾ cup Cereal 8 oz – 1% Milk	4 oz- 100% Orange Juice ¾ cup Cereal 8 oz – 1% Milk	<b>PROTEIN-RICH FOOD: 2 OR MORE SERVINGS</b>  One should be lean beef, lamb, pork, ham, veal, liver, chicken, turkey or fish. Other protein foods: cheddar cheese, cottage cheese, eggs, dried peas, dried beans, peanut butter.
<b>Mid-Morning Snack</b>								
<b>Noon</b>								
Protein-rich food Potato or substitute Vegetables (1 or 2) Salad Bread Fruit or dessert Beverage	3 oz Turkey Bologna 6 oz Pasta w/ Tom Sauce 4 oz Spinach 2 sl Bread 4 oz Cal Fort 100% Fruit Juice Blend 1 pat Margarine	3 oz Turkey Salami 6 oz Oven Fries 4 oz Carrots 2 sl Bread 4 oz Cal Fort 100% Fruit Juice Blend 1 pat Margarine	3 oz Turkey Ham 6 oz Pinto Beans 4 oz Beets 2 sl Bread 4 oz Cal Fort 100% Fruit Juice Blend 1 pat Margarine	3 oz Turkey Bologna 6 oz Hominy 4 oz Mix Vegetables 2 sl Bread 4 oz Cal Fort 100% Fruit Juice Blend 1 pat Margarine	2 oz Peanut Butter 2 pk Jelly 6 oz Oven Fries 4 oz Cole Slaw 2 sl Bread 4 oz Cal Fort 100% Fruit Juice Blend 1 pat Margarine	3 oz Turkey Salami 6 oz Rice & Beans 4 oz Collard Greens 2 sl Bread 4 oz Cal Fort 100% Fruit Juice Blend 1 pat Margarine	3 oz Turkey Ham 6 oz Mac & Cheese 4 oz Green Beans 2 sl Bread 4 oz Cal Fort 100% Fruit Juice Blend 1 pat Margarine	<b>VEGETABLES: 3 OR MORE SERVINGS</b>  Served cooked or raw, in soups or as juice. Use often: spinach, turnip greens, collards, broccoli, sweet potato, kale, carrots, winter squash and cabbage.  <b>FRUITS OR FRUIT JUICES: 2 OR MORE SERVINGS</b>  One should be orange; grapefruit, strawberries, tangerine, or Vitamin C enriched fruit or vegetable juice
<b>Mid-Afternoon Snack</b>								
<b>Night</b>								
Soup or juice Protein-rich food Vegetable or salad Bread Fruit or dessert Beverage	4 oz Smoked Sausage 6 oz Rice & Beans 4 oz Mustard Greens 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	4 oz Meatloaf 4 oz Mash Pot 2 oz Gravy 4 oz Mix Veg 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	3 oz Chicken 4 oz Corn 4 oz Green Beans 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	6 oz Chili 4 oz Rice 4 oz Wax Beans 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	4 oz Fish 6 oz Grits 4 oz Carrots 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	4 oz Country Fry Steak 4 oz Lima Beans 4 oz Broccoli 1 cup Toss Salad 1 pk dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	4 oz BBQ Beef 4 oz Rice 4 oz Mixed Veg 1 cup Toss Salad 1 pk Dressing 2 sl Bread 1 pat Margarine 1 pk Cookies	<b>MILK: ADULTS 2 CUPS CHILDREN 2-4 CUPS</b>  Following may be substituted for ½ cup milk 2 ½ Tbsp – Dried Milk 1 oz Cheese (1 thick slice) 1 cup cream soup 1 cup milk dessert or ice cream  <b>BREAD &amp; CEREAL AT LEAST 6 SERVINGS</b>  Whole Grain or Enriched
<b>Evening Snack</b>								