Weekly Menu Planner for Moms

Weekly Menu Planner Menu for Planning Healthy Diet for Kids

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1						
Fruits & Vegetables							
Grain Products if any							
Milk, Juices & Alternatives	74						
Lunch							
Fruits & Vegetables							
Grain Products if any							
Milk, Juices & Alternatives							
Dinner							
Fruits & Vegetables	N. Carlot						
Grain Products if any	125						
Milk, Juices & Alternatives							
Snacks							

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