## MENU WORKSHEETS

Each checkbox in the Meal and Snack Pattern tables is equivalent to approximately $1 / 4$ of the meal，or one choice． Some establishments may offer one to two snacks per day．If no snack is offered，simply mark it as＂N／A＂．

For the foods and nutrients of interest section，each checkbox denotes an item offered at least once in the day， unless otherwise indicated．

| Week 1 | SUN | MON | TUES | WED | THURS | FRI | SAT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MEAL AND SNACK PATTERN <br> d Fruit $W G=$ Whole Grain Foods $\quad$ Pro＝Protein foods |  |  |  |  |  |  |  |
| Breakfast | $\square \square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |  | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro | ロロ VF <br> $\square$ WG <br> $\square$ Pro |  |
| Morning Snack $\square$ N／A | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| Lunch | $\square \square \mathrm{VF}$ $\square$ WG $\square$ Pro |  | $\square \square$ VF $\square$ WG $\square$ Pro | $\begin{aligned} & \text { ם प VF } \\ & \square \mathrm{wG} \\ & \square \text { Pro } \end{aligned}$ |  | ロロ VF <br> $\square$ WG <br> $\square$ Pro |  |
| Afternoon Snack N／A | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| Supper | ㅁㅁㄴ <br> $\square$ WG <br> $\square$ Pro |  | ロᄆ VF <br> $\square$ WG <br> $\square$ Pro | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ |  | $\square \square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |  |
| Evening Snack N／A | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF $\square$ WG $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| FOODS AND NUTRIENTS OF INTEREST |  |  |  |  |  |  |  |
| Dark Green Vegetable | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Orange Vegetable | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Nuts or Seeds | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Tofu or Lentils or Legumes | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Food Source of Vitamin D | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Food Source of Calcium Offered at all meals＋one snack | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Processed Meats／Poultry | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Desserts High in Calories， Saturated Fat or Sugar | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Other Highly Processed Foods | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

Comments／Notes：

| Week 2 | SUN | MON | TUES | WED | THURS | FRI | SAT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MEAL AND SNACK PATTERN <br> VF＝Vegetables and Fruit WG＝Whole Grain Foods Pro＝Protein Foods |  |  |  |  |  |  |  |
| Breakfast |  <br> $\square$ WG <br> $\square$ Pro |  <br> $\square$ WG <br> $\square$ Pro | ロロ VF <br> $\square$ WG <br> $\square$ Pro | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ | ロロ VF <br> $\square$ WG <br> $\square$ Pro | $\begin{aligned} & \square \square \text { VF } \\ & \square \mathrm{WG} \\ & \square \text { Pro } \end{aligned}$ | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ |
| Morning Snack $\square \mathrm{N} / \mathrm{A}$ | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square$ VF $\square$ WG $\square$ Pro | $\square$ VF $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| Lunch |  | ㅁㅁ VF <br> $\square$ WG <br> $\square$ Pro | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro |  | ロロ VF <br> $\square$ WG <br> $\square$ Pro |  |  |
| Afternoon Snack $\square$ N／A | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square$ VF $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square$ VF $\square$ WG $\square$ Pro | $\square$ VF $\square$ WG $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro |
| Supper | ㅁㅁ VF <br> $\square \mathrm{WG}$ <br> $\square$ Pro | ㅁㅁ VF <br> $\square$ WG <br> $\square$ Pro | 口ᄆ VF <br> $\square$ WG <br> $\square$ Pro | ロロ VF <br> $\square$ WG <br> $\square$ Pro | ロᄆ VF <br> $\square$ WG <br> $\square$ Pro | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro |
| Evening Snack $\square \mathrm{N} / \mathrm{A}$ | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| FOODS AND NUTRIENTS OF INTEREST |  |  |  |  |  |  |  |
| Dark Green Vegetable | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Orange Vegetable | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Nuts or Seeds | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Tofu or Lentils or Legumes | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Food Source of Vitamin D | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Food Source of Calcium Offered at all meals＋one snack | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Processed Meats／Poultry | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Desserts High in Calories， Saturated Fat or Sugar | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Other Highly Processed Foods | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

## Comments／Notes：

| Week 3 | SUN | MON | TUES | WED | THURS | FRI | SAT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MEAL AND SNACK PATTERN <br> VF＝Vegetables and Fruit WG＝Whole Grain Foods Pro＝Protein Foods |  |  |  |  |  |  |  |
| Breakfast |  <br> $\square$ WG <br> $\square$ Pro |  <br> $\square$ WG <br> $\square$ Pro | ロロ VF <br> $\square$ WG <br> $\square$ Pro | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ | ロロ VF <br> $\square$ WG <br> $\square$ Pro | $\begin{aligned} & \square \square \text { VF } \\ & \square \mathrm{WG} \\ & \square \text { Pro } \end{aligned}$ | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ |
| Morning Snack $\square \mathrm{N} / \mathrm{A}$ | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square$ VF $\square$ WG $\square$ Pro | $\square$ VF $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| Lunch |  | ㅁㅁ VF <br> $\square$ WG <br> $\square$ Pro | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro |  | ロロ VF <br> $\square$ WG <br> $\square$ Pro |  |  |
| Afternoon Snack $\square$ N／A | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square$ VF $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square$ VF $\square$ WG $\square$ Pro | $\square$ VF $\square$ WG $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro |
| Supper | ㅁㅁ VF <br> $\square \mathrm{WG}$ <br> $\square$ Pro | ㅁㅁ VF <br> $\square$ WG <br> $\square$ Pro | 口ᄆ VF <br> $\square$ WG <br> $\square$ Pro | ロロ VF <br> $\square$ WG <br> $\square$ Pro | ロᄆ VF <br> $\square$ WG <br> $\square$ Pro | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro |
| Evening Snack $\square \mathrm{N} / \mathrm{A}$ | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| FOODS AND NUTRIENTS OF INTEREST |  |  |  |  |  |  |  |
| Dark Green Vegetable | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Orange Vegetable | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Nuts or Seeds | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Tofu or Lentils or Legumes | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Food Source of Vitamin D | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Food Source of Calcium Offered at all meals＋one snack | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Processed Meats／Poultry | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Desserts High in Calories， Saturated Fat or Sugar | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Other Highly Processed Foods | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

## Comments／Notes：

| Week 4 | SUN | MON | TUES | WED | THURS | FRI | SAT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MEAL AND SNACK PATTERN <br> Fruit WG= Whole Grain Foods Pro= Protein Foods |  |  |  |  |  |  |  |
| Breakfast | ロロ VF $\square W G$ $\square$ Pro |  | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ |  | $\square \square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |  |  |
| Morning Snack $\square \mathrm{N} / \mathrm{A}$ | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square W G$ <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro |
| Lunch |  <br> $\square$ WG <br> $\square$ Pro | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ | $\begin{aligned} & \square \square \text { VF } \\ & \square \mathrm{WG} \\ & \square \text { Pro } \end{aligned}$ | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ | $\begin{aligned} & \square \square \text { VF } \\ & \square \text { WG } \\ & \square \text { Pro } \end{aligned}$ |
| Afternoon Snack - N/A | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ $\square$ WG $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| Supper | ㅁㅁVㅡㄴ <br> $\square W G$ <br> $\square$ Pro | ㅁㅁ VF <br> $\square$ WG <br> $\square$ Pro | $\square \square$ VF <br> $\square$ WG <br> $\square$ Pro | $\begin{aligned} & \square \square \text { VF } \\ & \square \mathrm{WG} \\ & \square \text { Pro } \end{aligned}$ | $\square \square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | ```\square\square VF \squareWG \square ~ P r o``` |  |
| Evening Snack $\square \mathrm{N} / \mathrm{A}$ | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square$ VF <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro | $\square \mathrm{VF}$ <br> $\square$ WG <br> $\square$ Pro |
| FOODS AND NUTRIENTS OF INTEREST |  |  |  |  |  |  |  |
| Dark Green Vegetable | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Orange Vegetable | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Nuts or Seeds | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Tofu or Lentils or Legumes | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Food Source of Vitamin D | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Food Source of Calcium <br> Offered at all meals + one snack | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Processed Meats/Poultry | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Desserts High in Calories, Saturated Fat or Sugar | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Other Highly Processed Foods | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

## Comments/Notes:

