

Nutrition Sense

Menu Planning Worksheet

Use this worksheet to plan daily menus according to USDA Dietary Guidelines and the USDA Food Guidance System, and using advertised store specials or coupons.

Day 1		
Breakfast	Lunch	Dinner
Snacks		

Day 2		
Breakfast	Lunch	Dinner
Snacks		

Day 3		
Breakfast	Lunch	Dinner
Snacks		

Day 4		
Breakfast	Lunch	Dinner
Snacks		



Day 5		
Breakfast	Lunch	Dinner
Snacks		

Day 6		
Breakfast	Lunch	Dinner
Snacks		

Day 7		
Breakfast	Lunch	Dinner
Snacks		



Distributed by **Carol Ball**, Extension Associate III, Food Science, Nutrition, and Health Promotion.

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