Menu Planning

How can this menu be improved?

Breakfast

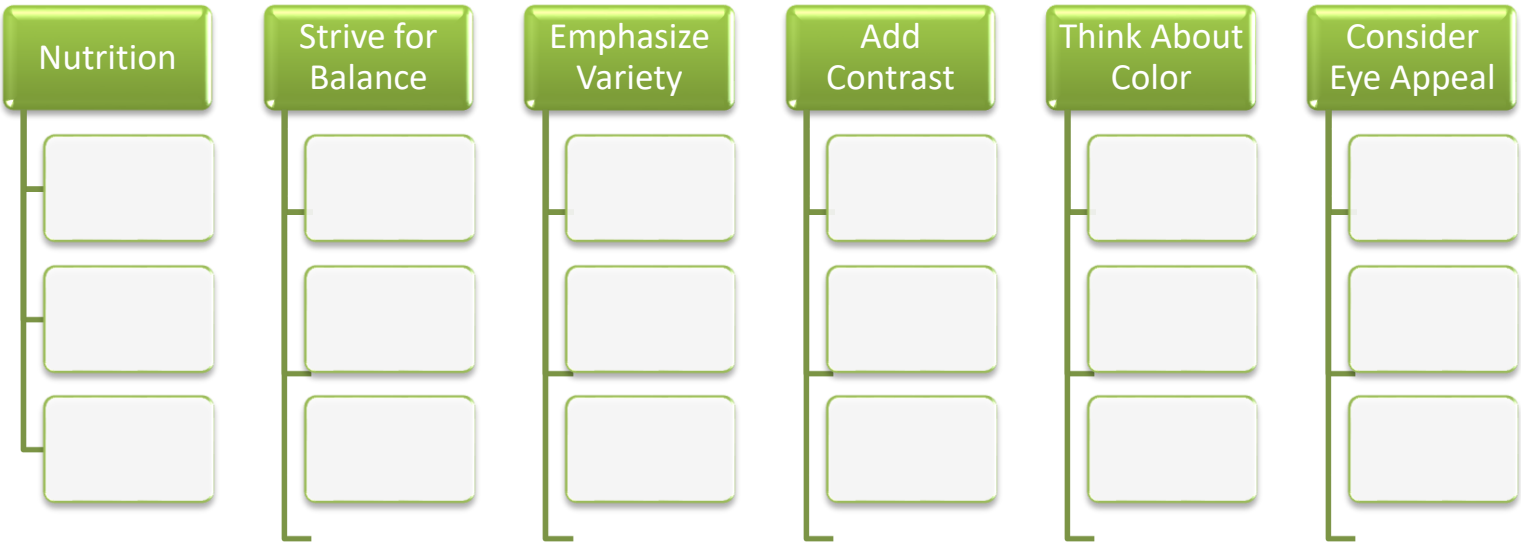
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Banana Milk	Cereal 100% Juice Milk	Toast 100% Juice Milk	Cereal Banana Milk	Chocolate Chip Muffin Fruit Cocktail Milk

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Sticks French Fries Pears White Bread Milk	Chicken Nuggets Tator Tots Corn Milk	Spaghetti with Meat Sauce Peaches Milk	Lasagna Banana Green Beans Milk	Hot Dogs Fruit Cocktail Mixed Veggies White Bun Milk

PM Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Animal Crackers Milk	Graham Crackers Milk	Saltines 100% Juice	Cheese Sauce Tortilla Chips Water	Pretzels 100% Juice



Menu Planning

- **Nutrition**
  - Use fresh or frozen produce
  - Serve more whole grains
  - Limit high fat & processed foods
  - Use lean meats
  - Drain & rinse canned FVs
- **Strive for Balance**
  - Think about flavors and textures
  - Limit high fat foods
- **Emphasize Variety**
  - Different foods daily
  - Vary the main dish
  - Try different forms of foods
  - Change up food preparation
- **Add Contrast**
  - Taste
  - Texture
  - Method of preparation
- **Think About Color**
  - Avoid same colors
  - Two colorful foods/meal
  - Use fruits & veggies
- **Consider Eye Appeal**
  - Overall look
  - Placement of foods
- **Other Considerations**
  - Food Preferences (cultural, vegetarian)
  - Holidays/Other Occasions
  - Climate & Seasons
  - Product Availability
  - Available Equipment

- **Select the main dish**
- **Choose side dishes to complete the meal**
- **Check for meal pattern compliance**

Monday	Tuesday	Wed	Thurs	Friday
Cheese	Chicken	Beans	Pork	Eggs
Cod	Cheese	Turkey	Beans	Gr Beef
Yogurt	Haddock	Cheese	Chicken	Beans
Ham	Eggs	Tilapia	Cheese	Turkey
Beans	Pork	Yogurt	Tuna	Cheese