

WEEKLY MENU

Provider:

Menu Week:

FOOD GROUP	MONDAY <u>Entrée:</u>	TUESDAY <u>Entrée:</u>	WEDNESDAY <u>Entrée:</u>	THURSDAY <u>Entrée:</u>	FRIDAY <u>Entrée:</u>	SATURDAY <u>Entrée:</u>	SUNDAY <u>Entrée:</u>
PROTEIN (3 oz) 1 serving: 3 oz meat ¾ cup of beans							
VEGETABLES (1-2 servings) 1 serving: ½ cup cooked 1 cup raw							
FRUIT (1 serving) 1 serving: 1 medium fruit ½ cup chopped							
GRAINS (1-2 servings) 1 serving: 1 slice whole grain bread ½ cup brown rice, whole grain pasta, etc *GRAINS MUST BE WHOLE GRAINS							
Dairy/Milk Alternative (1 serving) 1 serving: 8 oz milk (1%), yogurt or calcium fortified milk alternative (unsweetened) 1 ½ oz cheese							
Sodium (<760 mg/meal) *ALL RECIPES MUST BE APPROVED BY VCAAA REGISTERED DIETITIAN							