

Menu Planner for Families



Help your family create a dinner menu for the week.

Visit **MyPlate.gov** to learn what foods belong to each food group.

Visit our online recipes at **fns.usda.gov/tn/team-nutrition-recipes**.



The Five Food Groups (Include all 5)

	Fruits 	Vegetables 	Grains 	Protein Foods 	Dairy 
Example: Spaghetti Dinner	Peaches	Broccoli Tomato sauce	Whole-wheat pasta	Lean (92% lean, 8% fat) ground beef	Fat-free milk Parmesan cheese
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Parents

Milk Matters. Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles. Remember to offer fat-free or low-fat (1%) milk at meals. If you offer soy milk, check the Nutrition Facts label to be sure your soy milk has about 300 mg of calcium (30% of the Daily Value).