

Menu Example.xls

		Food pyramid		Grains (ounces)	Vegetables (cups)	Fruits (cups)	Milk (cups)	Meats (ounces)
		recommended		9	3.5	2	3	6.5
Saturday	Lunch	Tuna sandwiches						
		tuna	3 oz					3
		bagel	1 bagel	2				
		vegetable sticks	1.5 cups		1.5			
		fruit	1 cup			1		
		cheese sticks	1 stick				0.5	
Saturday	Dinner	Chicken noodle casserole						
		noodles	3 oz	3				
		chicken	1.5 oz					1.5
		corn	1 cup		1			
		crackers	6 crackers	2				
		raw veggies	1 cup		1			
		pudding	0.5 cups				0.5	
		milk	1 cup				1	
Sunday	Breakfast	banana pancakes	4 pancakes	2		1		
		bacon	4 slices					2
		milk	1 cup				1	
	Total			9	3.5	2	3	6.5
	% recom.			100%	100%	100%	100%	100%