

# 1-Week Meal Plan

Food groups



Protein



Dairy



Veggie



Fruit



Grain

## BREAKFAST

## SNACK

## LUNCH

## SNACK

## DINNER

**MONDAY** =

Eggs  
Whole wheat  
English muffin  
Fruit of choice

Iron-fortified cereal  
Milk  
Fruit of choice

Quinoa Salad:  
Quinoa, black beans,  
bell peppers, onion,  
and cilantro  
Oil and vinegar  
Milk

Veggie of choice  
Whole grain  
crackers

Theme:  
Meatless Monday  
Instant Pot® Cheesy  
Southwestern Lentils

**TUESDAY** =

Iron-fortified cereal  
Milk  
Fruit of choice

Whole grain  
crackers  
Veggie of choice

Veggie wrap:  
Whole Wheat Tortilla  
Hummus  
Chopped carrots,  
lettuce, tomatoes  
Slice of cheese

Whole wheat bread  
Peanut butter  
Fruit of choice

Theme:  
Taco Tuesday  
Slow Cooker Pork  
And Bean Tacos  
Milk

**WEDNESDAY** =

Eggs  
Whole wheat  
English muffin  
Fruit of choice

Iron-fortified cereal  
Milk  
Fruit of choice

Bulgur Chickpea  
Salad:  
Bulgur, Chickpeas  
Chopped onions,  
carrots, and oil  
Milk

Veggie of choice  
Whole grain  
crackers

Theme:  
Between The Bread  
Pizza Burger Sliders  
Milk

**THURSDAY** =

Iron-fortified cereal  
Milk  
Fruit of choice

Whole wheat bread  
Peanut butter  
Fruit of choice

Tacos: Corn tortilla  
Black beans  
Chopped tomato,  
onion, bell pepper,  
cilantro  
Shredded cheese

Whole grain  
crackers  
Veggie of choice

Theme:  
Family Favorites  
Spaghetti With  
Veggies And Meat  
Sauce

**FRIDAY** =

Oatmeal  
Milk  
Fruit of choice

Veggie of choice  
Cheese

Peanut butter  
sandwich:  
Whole wheat bread  
Peanut butter  
Sliced strawberries  
Cucumbers

Yogurt  
Fruit of choice

Theme:  
Fish Friday  
One Pan White Fish  
With Veggies

**SATURDAY** =

Yogurt  
Chopped nuts  
Fruit

Veggies of choice  
Whole grain  
crackers

Tuna fish sandwich:  
Whole wheat bread  
Canned tuna mixed  
with Mashed avocado

Iron-fortified cereal  
Milk  
Fruit of choice

Theme:  
Sheet Pan Saturday  
Sheet Pan BBQ  
Meatloaf  
Steamed veggies  
Milk

**SUNDAY** =

Oatmeal  
Milk  
Fruit of choice

Veggie of choice  
Cheese

Peanut butter  
sandwich:  
Whole wheat bread  
Peanut butter  
Sliced strawberries  
Cucumbers

Yogurt  
Fruit of choice

Theme:  
Slow Cooker Sunday  
Slow Cooker  
Southwest Chicken  
Corn

Meals: Include at least 3 food groups; always include a veggie or fruit  
Snacks: Include at least 2 food groups; always include a veggie or fruit