Name: _____   **Date:** _____

5-Day Lunch Planner

Instructions: Plan your school lunch for the next 5 days. Think about your favorite foods and add new choices from the KidsHealth recipes. Check the cafeteria menu if you'll be buying lunch. Fill out the chart below, and try to include items from at least three food groups. Don't forget to write your shopping list.

Day	Lunch foods	Pack	Buy
Monday	Fruits, veggies: _____	☐	☐
	Whole grains: _____	☐	☐
	Protein: _____	☐	☐
	Dairy: _____	☐	☐
	Drink: _____	☐	☐
Tuesday	Fruits, veggies: _____	☐	☐
	Whole grains: _____	☐	☐
	Protein: _____	☐	☐
	Dairy: _____	☐	☐
	Drink: _____	☐	☐
Wednesday	Fruits, veggies: _____	☐	☐
	Whole grains: _____	☐	☐
	Protein: _____	☐	☐
	Dairy: _____	☐	☐
	Drink: _____	☐	☐
Thursday	Fruits, veggies: _____	☐	☐
	Whole grains: _____	☐	☐
	Protein: _____	☐	☐
	Dairy: _____	☐	☐
	Drink: _____	☐	☐
Friday	Fruits, veggies: _____	☐	☐
	Whole grains: _____	☐	☐
	Protein: _____	☐	☐
	Dairy: _____	☐	☐
	Drink: _____	☐	☐

Shopping list

- _____   - _____   - _____
- _____   - _____   - _____
- _____   - _____   - _____
- _____   - _____   - _____