

# WEEKLY MENU TRACKER

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It is important for your child to eat a variety of nutritious foods. Use this plan to help to see what your child's eating pattern is over time. In each square, write down the foods your child chooses to eat each day. At the end of the week, use the chart to complete the rest of your action plan.

	Dairy	Protein	Vegetables	Fruit	Grains	Other
Example	Cheese sticks, yogurt, milk	Chicken	Broccoli, tomatoes	Apple	None	Corn Chips
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

## Tips:

- Try to offer 3 different food groups in each meal
- Try to offer 2 food groups in each snack