

Sample 1-Week Meal Plan: Using WIC Foods

	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:	Sunday Date:
Breakfast <i>Include at least 3 food groups</i>	Cereal Fruit Milk	French Toast: Bread, egg, and milk Fruit	Toast Eggs Juice	Cereal Fruit Milk	French Toast: Bread, egg, and milk Fruit	Toast Eggs Juice	French Toast: Bread, egg, and milk Fruit
AM Snack <i>Include at least 2 food groups</i>	Smoothie: Peanut butter, banana, and milk	Cereal Juice	Rollup: Bread, cream cheese, and fruit	Smoothie: Peanut butter, banana, and milk	Cereal Juice	Rollup: Bread, cream cheese, and fruit	Cereal Juice
Lunch <i>Include at least 3 food groups</i>	Wrap: Tortilla, beans, veggies, and cheese	PB Sandwich: Bread and peanut butter Veggies	Pizza: Tortilla, pizza sauce, and cheese Milk	Wrap: Tortilla, beans, veggies, and cheese	PB Sandwich: Bread and peanut butter Veggies	Pizza: Tortilla, pizza sauce, and cheese Milk	PB Sandwich: Bread and peanut butter Veggies
PM Snack <i>Include at least 2 food groups</i>	Crackers Yogurt Juice	Yogurt Fruit Dip: Peanut butter and yogurt Fruit	Cereal Veggies	Crackers Yogurt Juice	Yogurt Fruit Dip: Peanut butter and yogurt Fruit	Cereal Veggies	Yogurt Fruit Dip: Peanut butter and yogurt Fruit
Dinner <i>Include at least 3 food groups</i>	Rice and Beans: Brown rice, beans, onions, tomatoes, and cheese Milk	Stuffed Potato Baked potato, beans, salsa, and cheese Milk	Grilled Cheese: Bread and cheese Tomato soup Milk	Spaghetti: Noodles, ground beef, and sauce Broccoli Milk	Mac n cheese Tuna fish Peas Milk	Wrap: Tortilla or Pita, hummus, and veggies Milk	Tacos: Pork, beans, corn tortillas, lettuce, tomato, and onion Milk
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	Sandwich: Tuna fish, mayo, bread, lettuce, tomato, and cucumber Milk	Chicken and Rice: Brown rice, chicken, onions, tomatoes, and cheese Milk	Noodles and Sauce: Pasta, peanut sauce, red cabbage, and bell peppers Milk	Stir Fry: Tofu, brown rice, and broccoli Milk	Grain Bowl: Bulgur, chickpeas, carrots, and green onions Milk	Pizza Burger Sliders: Ground beef, bun, tomato sauce, and cheese Milk	Soup: Black beans, corn, and diced tomatoes Whole wheat crackers Milk

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