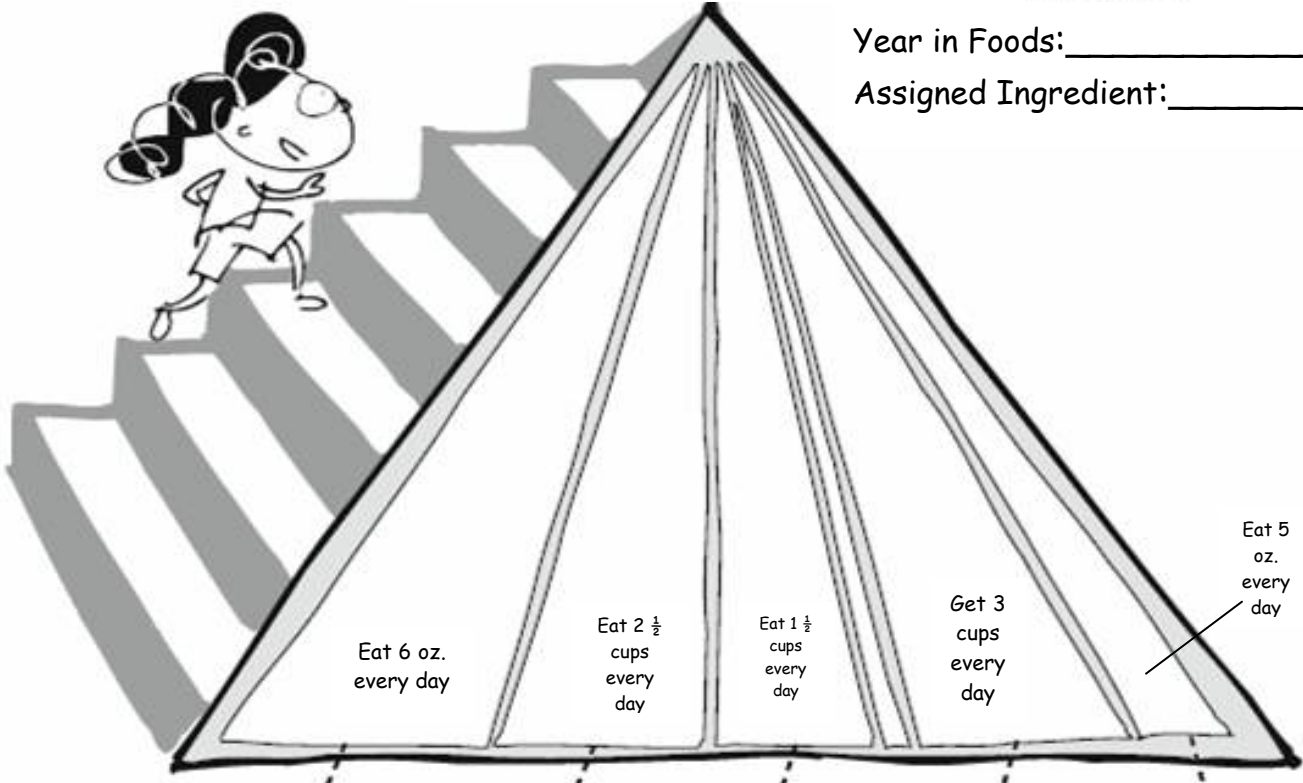


Entry No.: _____

My Menu Card

4th-5th Year Cooking Member



Year in Foods: _____

Assigned Ingredient: _____

Grains	Vegetables	Fruits	Milk	Meat & Beans

Oils - (Use sparingly)

Use the boxes below to plan you ENTIRE day's worth of meals, including snacks. Enter your days' menu of food by appropriate food group levels on the Food Guide Pyramid.

Breakfast	Lunch
Dinner	Snacks