



strong bodies healthy minds

MEAL PLANNING AT HOME

Schedule	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast _____	At Home	At Home	At Home	At Home	At Home	At Home	At Home
Snack _____	At School	At School	At School	At School	At School	At Home	At Home
Lunch _____	At School	At School	At School	At School	At School	At Restaurant	At Home
Snack _____	At Home	At Home	At Home	At Home	At Home		
Dinner _____							
Dessert _____							

* Insert Time and location (at home/car/restaurant, etc.)