

## Meal Planning Activity

Using the food bank, plan a menu for a day with 3 main meals and 2 snacks. Each food in the bank counts as a serving. Each section of the plate should have a serving of food.

½ cup sliced apples	1 cup broccoli	½ cup yogurt	3oz baked fish	1 cup corn
½ cup grapes (16 grapes)	1oz pancakes (2 small (3") pancakes)	2oz cheese (2 cheese slices)	½ cup ice cream (2 scoops)	1oz crackers (5 whole wheat crackers)
¼ cup raisins (1 box of raisins)	1oz peanut butter (2 tablespoons of peanut butter)	1 cup almond/soy milk (½ pint of calcium fortified dairy milk alternative)	1oz popped popcorn (3 cups of popped popcorn)	2oz bread (2 slices of whole wheat bread) *this counts as 2 servings of whole grains)
½ cup carrots (6 baby carrots)	2 cups of cottage cheese	1 cup milk (low fat or fat free)	1oz cooked rice (½ cup cooked brown)	2oz lean hamburger (one small patty)

