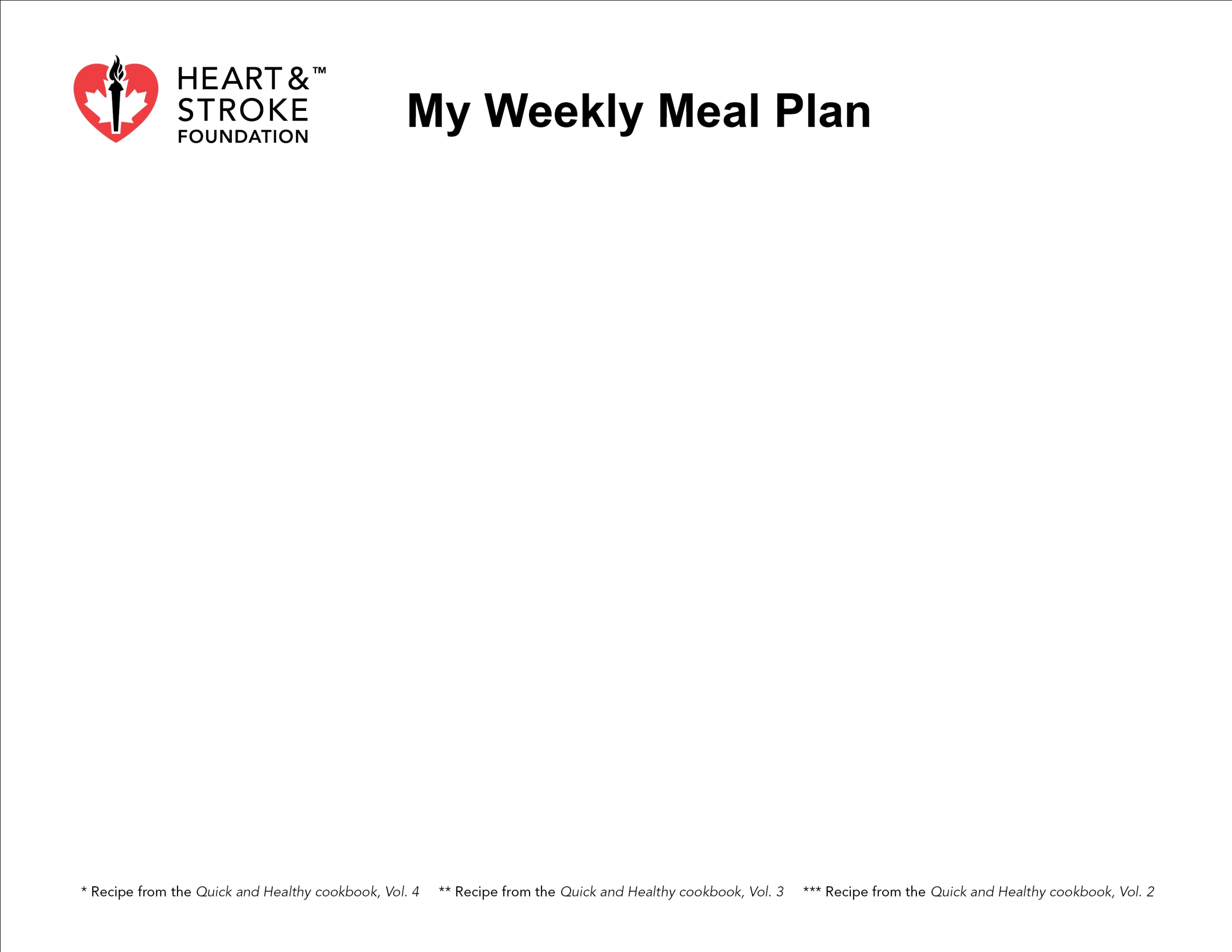
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|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast  *Children who eat breakfast often make healthier food choices throughout the day.* |  |  |  |  |  |  |  |
| Lunch  *Eating 5 or more servings of fruit or vegetables per day can reduce your risk of heart disease and stroke by about 20%.* |  |  |  |  |  |  |  |
| Dinner  *Save time on a busy night by batch cooking soups, stews and casseroles.* |  |  |  |  |  |  |  |
| Snack  *Aim for 2 food groups with each snack.* |  |  |  |  |  |  |  |